

Photo by Mike Bullock

**June 5th
@ 8:30 am
Commodities Pickup**

**June 20 & 21 Food Box
pickup 8:30 am—
12:00 pm @ Front desk
w/ Marisol**

Lunch and Learn: 12:15

Tuesday, 6/4: SAFE DAY:
Gun Safety with Logan City
Police Department

Thursday, 6/6 : State
Nutritionist

Friday, 6/7 :Elder Abuse
Awareness: Dale Robins

Monday, 6/17 :Recycling
with Logan City

Wednesday, 6/19 :Kristen
with the Forrest Service

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.

Summer Pool PARTY

Friday, June 21
Join us as we celebrate the 1st
day of SUMMER outside under
the pavillon!

Bingo, Beach Volleyball and Lunch

10:30 Bingo
11:00 Volley ball
12:00 Lunch

*Do not forget to RSVP: with
suggested Donation \$3.00*

**Lunch will be served outside, those who
wish to, may dine inside.**

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Nutrition News

Recently we partnered with Utah Food Bank. We are excited to offer our clients not only a bag of commodities but also a BOX of supplemental food items as well. This program is needs based. If you would like to apply please visit with Giselle or Colby to receive an application. Boxes will be available for pickup the 3rd week of every month.



MyPlate is the USDA's food guide for healthy eating. Every food item included in the CSFP monthly food box falls into one of its five recommended food groups. MyPlate is a reminder to find your healthy eating style and build it throughout your lifetime. Everything you eat and drink matters. The right mix can help you be healthier now and in the future. This means: Focus on variety, amount and nutrition. Choose foods and beverages with less saturated fat, sodium and added sugars. Start with small changes to build healthier eating styles. Support healthy eating for everyone.



At times cooking only for yourself can seem like a waste of time and energy. But your health is important and cooking for yourself is both empowering and can lead to a healthier lifestyle. Learn how to make cooking for yourself worth it and empower yourself by taking control of your hobbies and nutrition. Here are some options to get you started.

- Make cooking a hobby.
- Collect recipes or make your own.
- Make a menu for the week and include left-overs.
- Check out cookbooks from the library geared to smaller portions.
- Prepare meals when you have the most energy.
- Use a slow cooker or microwave to save time.
- Exchange frozen left-overs with friends.
- Try mini meals and snacks so you won't need to create a full meal.
- Reduce the portion size of recipes. You don't have to give up on your favorite dishes because they make more food than you can eat.

The best part of cooking for one is you don't have to please anyone but yourself.

Good Things To Eat

Baked Chicken Rice Casserole



Directions

1. Preheat oven to 350° F.
2. Bring 2/3 cup water to a boil in a medium pot.
3. Add 1/3 cup rice. Bring to a boil again.
4. Reduce the heat to low, cover and cook 15 minutes.
5. Mix all ingredients except for cheese into rice and place in a large casserole dish.
6. Cover the casserole and bake at 350° F for 1 1/2 to 2 hours.
7. Ten minutes before casserole is done, take the casserole out of oven and sprinkle the shredded cheese on top.
8. Place the casserole back into the oven uncovered for 10 minutes. Serve warm. Services 4. Recipe sourced from Utah Food Bank

CSFP Ingredients

- 1/3 cup rice
- dry 1 can chicken, drained
- 2/3 cups nonfat dry milk
- 1 cup reduced fat American cheese, shredded

Additional Ingredients

- 2/3 cup water
- 1 can cream of mushroom soup
- 1/2 cup chopped onion
- 1 1/2 cups luke-warm water

I'm ready for flip-flop,
warmer weather,
sunshine,
blooming
flowers,
bird singing,
and green grass!



Out to Lunch Bunch



TANDOORI OVEN
Finest Indian Cuisine

The Out to Lunch Bunch will be headed to the Tandoori Oven to try some tasty Indian Food! Join us as we experience the rich exotic flavors from one of the finest Indian cuisine restaurants in Cache Valley.



When: Tuesday, June 25th at 11:30 am

Please reserve your spot by signing up at the front desk. If you want to ride in the Van there will be a \$1.00 transportation fee. You are welcome to drive yourself and meet us there, but please still make sure you are on the list so we can make a reservation.

Poppy Field Trip

It's that time of year again! The poppies are blooming in Mantua!

Join us on Tuesday, June 18th at 10AM.



Sign up at the front office with Marisol Bus fee of \$3.00 plus your normal lunch donation, as the kitchen will pack us a picnic.

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6 Tips for Those Who Want to Practice Good Oral Hygiene

The risk for oral health problems, such as gum disease, lost teeth, dry mouth, and root decay, increases as seniors age. Poor oral health can also lead to infections, heart disease and diabetes. Diseases, medications and family history can play a major role in predicting your oral health. Here are some things you can do to keep oral health problems and other diseases at bay.



1. Brush and Floss Daily

You've probably heard about the importance of brushing and flossing since you were a child. Brushing and flossing regularly are the best ways to boost and maintain oral health. Most dentists recommend brushing twice a day. As you age, you may benefit from more fluoride, so look for toothpastes containing higher amounts of the mineral. Floss at least once a day. If arthritis or another medical condition affects your ability to floss properly, try a flossing tool or water pick. Aging adults who require assistance with the tasks of daily living can benefit from reliable senior home care.

2. Use a Good Toothbrush

A toothbrush with soft bristles and a small head that can get to the back of the mouth is ideal. Look for products approved by prominent dental associations. If you have arthritis or another condition that makes it difficult to brush, consider buying a battery-operated toothbrush to get good daily cleaning. Replace your brush every three months or when the bristles start to fray.

3. Avoid Tobacco Products

You should stop smoking cigarettes and chewing tobacco. In addition to lung cancer, smoking can also cause cancers of the mouth and throat. Tobacco, especially products that contain sugar, can even lead to tooth decay and gum disease. Talk to your doctor about ways to quit smoking for good.

4. Use Antibacterial Mouthwash

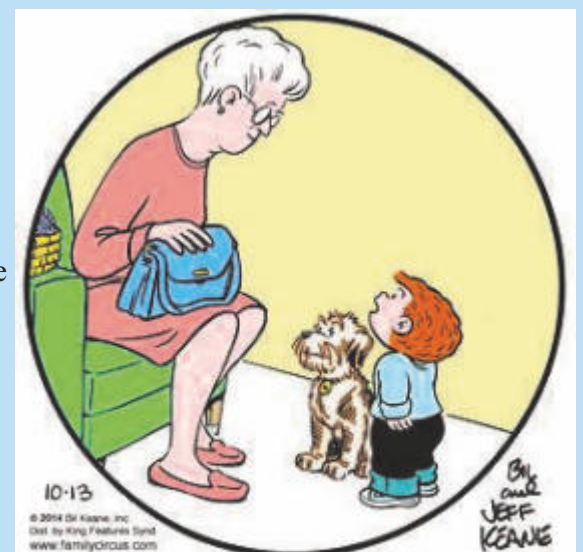
Germ and bacteria in the mouth can cause a buildup of plaque, gum disease and eventually missing teeth. You should use a mouthwash with antibacterial properties to help prevent these dental problems. Use a mouthwash every time you brush or floss to rid the mouth of the bacteria stirred up while cleaning. If you wear dentures, you may be more prone to bacteria buildups.

5. Stay Hydrated

Water is good for all aspects of the body, including oral health. You should be drinking enough water each day, especially if you take medication that causes a dry mouth. You should cut back on alcohol consumption because it can cause dehydration. You should also consider chewing sugar-free gum, which helps create saliva and can prevent the mouth from drying out. Over 30 percent of older adults experience dry mouth, which can lead to gum disease and tooth decay.

6. Visit the Dentist Regularly

Regular dental exams are recommended for everyone. You may need to go more frequently if you are experiencing any major changes in the mouth, such as loose teeth, difficulty eating or drinking, pain, bleeding, swelling or lumps in the mouth. The dentist should check for different dental conditions at each visit, from tooth decay to oral cancer.



10-13

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By
and
JEFF
KEANE

"I like your new purse, Grandma.
Did it come with candy in it
like your old one?"

Summer Citizens



We welcome back all of our summer citizens.

Please be sure to look at the calendar of the new classes

being offered at the center. Qigong will be out side in the cool shade on our back lawn, writing group and board games with Sarah. We also will be having a Living with Hearing Loss class.

Happy to have you all back and looking forward to a fabulous Summer!

Senior Moments



Instead of the John I call my bathroom the Jim!
That way it sounds better when I say I go to the Jim first thing every morning!!!

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JUNE 2019

Monday	Tuesday	Wednesday
<p>3</p> <p>8:30 Sit and Be Fit w/ Darrell</p> <p>10:30 Cards w/ CNS</p> <p>1:00 Needle Work Group</p>	<p>4</p> <p>10:30 Board Games w/ Sarah</p> <p>12:15 Lunch and Learn: SAFE Day: Gun Safety with Logan City</p> <p>1:00 Movie: Uptown New York 1h14m</p>	<p>5</p> <p>8:30 Commodities</p> <p>8:30 Sit and Be Fit w/ Darrell</p> 
<p>10</p> <p>8:30 Sit and Be Fit w/ Darrell</p> <p>10:30 Poker hosted by ComForCare</p> <p>1:00 Needle Work Group</p>	<p>11</p> <p>10:30 Board Games w/ Sarah</p> <p>11:00 Making Life Beautiful Day: Post Cards</p> <p>1:00 Movie: Brooklyn Orchid 51m</p> <p>1:00 Living with Hearing Loss</p>	<p>12</p> <p>8:30 Sit and Be Fit w/ Darrell</p> <p>11:15 Cooking Class</p> <p>12-4 AARP Driver Safety Course</p> <p>1:00 Book Club</p> <p>1:30 Cribbage</p>
<p>17</p> <p>8:30 Sit and Be Fit w/ Darrell</p> <p>9:30 Pool Tournament</p> <p>12:15 Lunch and Learn: Recycling w/ Logan City</p> <p>1:00 Needle Work Group</p> <p>Happy Garbage Man Day!</p> 	<p>18</p> <p>10:00 Poppy Field Trip</p> <p>10:30 Board Games w/ Sarah</p> <p>1:00 Movie: Much Ado About Nothing 1h50m</p> <p>1:00 Living with Hearing Loss</p>	<p>19</p> <p>8:30 Sit and Be Fit w/ Darrell</p> <p>11:15 Craft with Sarah</p> <p>12:15 Lunch and Learn: Kristen with the Forrest Service</p> <p>1:00 Foot Clinic by Sunshine Terrace Charge of \$10.00</p> <p>1:30 Cribbage</p>
<p>24</p> <p>8:30 Sit and Be Fit w/ Darrell</p> <p>1:00 Needle Work Group</p>	<p>25</p> <p>11:30 Out to Lunch Bunch: Tandoori Oven</p> <p>1:00 Foot Clinic by Integrity Home Health—Charge of \$10.00</p> <p>1:00 Movie: Heading for Heaven 1h11m</p> <p>1:00 Living with Hearing Loss</p>	<p>26</p> <p>8:30 Sit and Be Fit w/ Darrell</p> <p>1:00 Photography Class</p> <p>1:30 Cribbage</p>
 <p>FLAG DAY</p>		<p>High Pride by Roger W Hancock</p> <p>Our American flag we fly, vigilance keeps her nigh. May our liberty never die, in pride we fly her high.</p> <p>© 06-08-2014 Roger W Hancock</p>

JUNE 2019

Daily Activities

Thursday

6
 8:30 Qigong
 10:30 Writers Group
 12:15 Lunch and Learn: State Nutritionist
 1:00 Documentary: The Far Green County 1h9m

13
 8:30 Qigong

10:30 Writers Group
 1:00 Documentary: The Perfect Bid: The Contestant Who Knew Too Much 1h12m

20
 8:30 Qigong
 10:30 Writers Group
 1:00 Documentary: Saltwater Extinction 1h24m

27
 8:30 Qigong
 10:30 Writers Group
 1:00 Red Hat Activity

Friday

7
 8:30 Sit and Be Fit w/ Darrell
 10-12 Blood Pressure
 12:15 Lunch & Learn: Elder Abuse Awareness with Dale Robins
 1:00 Movie: Emperor 1h46m

14
 8:30 Sit and Be Fit w/ Darrell
 10-12 Blood Pressure
 10:30 Flag Day: Bingo
 12:15 Fathers Day Entertainment: Karl Sorensen and Ice Cream w/ Sunshine Terrace
 1:00 Movie: The Perfect Game 1h57m

21
 8:30 Sit and Be Fit w/ Darrell
 10-12 Blood Pressure
 10:30 Pool Party!
 1:00 Movie: The Count of Monte Cristo 2h14m

28
 8:30 Sit and Be Fit w/ Darrell
 10:30 Nails with Symbii
 10-12 Blood Pressure
 1:00 Movie: P.S. I Love You 2h6m



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

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



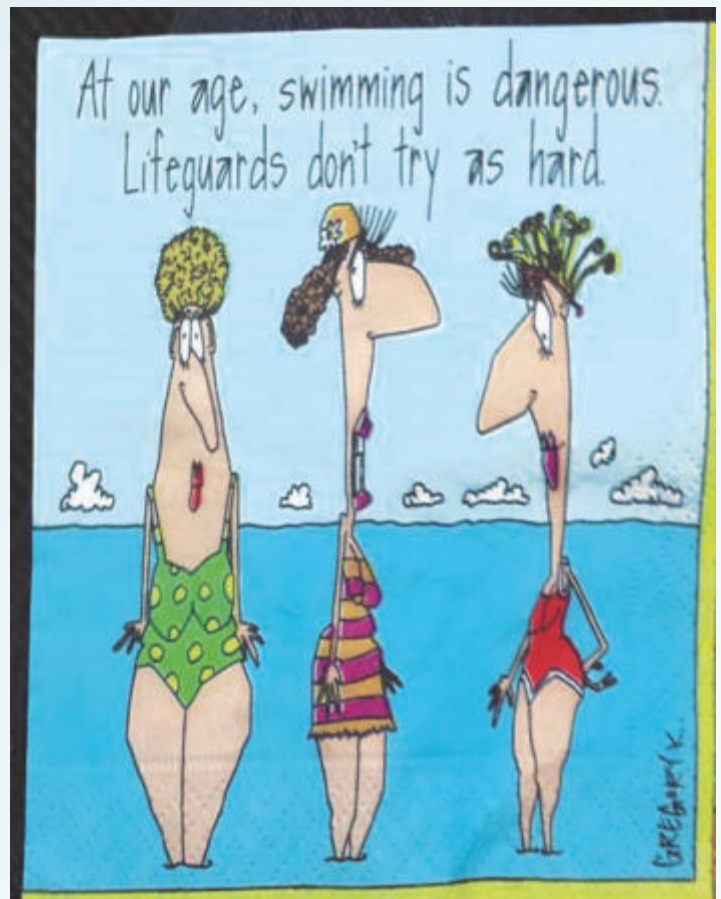
World Elder Abuse Awareness Day – June 15, 2019

With a growing global population of elderly people, and as longevity increases, abuse of the elderly is an increasing and serious problem that affects health and human rights and can cause death, so it is vital to raise awareness of it and thus prevent it whenever and wherever possible. Elder abuse is global and comes in many forms including physical, emotional, sexual and financial abuse and also neglect. Elderly people are particularly vulnerable to abuse and to being unable to defend themselves and get help as fear and infirmity can be major barriers to seeking and getting help, and sometimes spotting and challenging abuse in the elderly isn't easy, some are isolated having outlived family and friends, and some are abused in institutions where abuse is not spotted or is covered up, and in some cases the elderly are not given priority by authorities in abuse matters. It can be hard to imagine that anyone would deliberately want to harm an elderly person, but unfortunately, elder abuse does occur. Some instances of elder abuse are intended to exploit the person financially; you've probably heard of scams targeting seniors. In other cases, caretakers simply don't provide the basic necessities, like nutritious food, appropriate medication, safety, or assistance with hygiene.

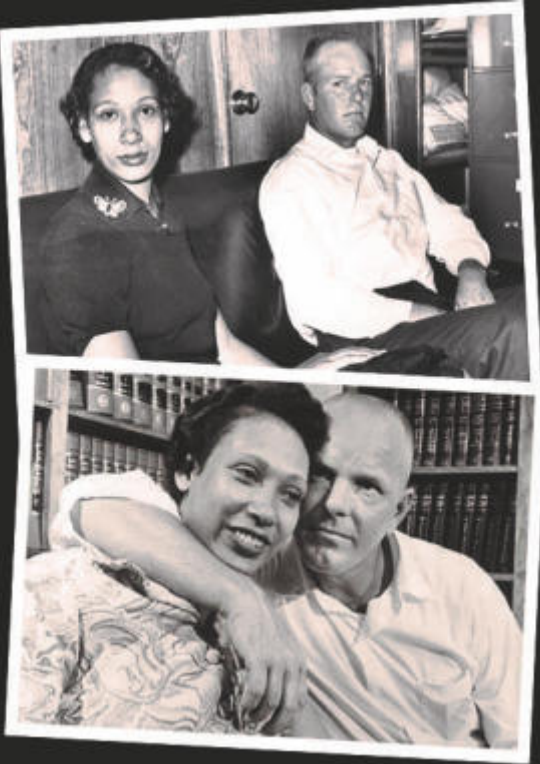
Each year, an estimated 5 million older persons are abused, neglected and exploited. Older adults throughout the United States lose an estimated \$2.6 billion or more annually due to elder financial abuse and exploitation, funds that they desperately need to pay for basics such as housing, food and medical

care. And it is estimated that only about one in five of those crimes are ever reported.

World Elder Abuse Awareness Day (WEAAD) was launched on June 15, 2006, by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations. WEAAD's purpose is to provide an opportunity for communities around the world to promote a better understanding of elder mistreatment by raising awareness of the cultural, social, economic and demographic factors that drive and influence elder abuse, neglect and exploitation. WEAAD stands in support of the United Nations International Plan of Action, which acknowledges the significance of elder abuse as a public health and human rights issue. Come join us for the presentation: *It's Not Right!* Presented by Dale Robins with Adult Protective Services. We welcome neighbors, friends & families for older adults. Learn how to recognize elder abuse and how you can help when you suspect abuse.



Celebrating Civil Liberties



Loving Day is an annual celebration held on June 12 to commemorate the struggle of mixed race couples in the United States. Loving Day originated with the landmark U.S. Supreme Court case *Loving v. Virginia*, which invalidated laws prohibiting interracial marriage. The case was brought by Mildred Loving, a black woman, and Richard Loving, a white man. He was a family friend and over the years they courted. After she became pregnant, they married in Washington, D.C., in 1958.

Mildred did not realize that interracial marriage was illegal, and they were arrested a few weeks after they returned to their hometown north of Richmond, Virginia. They pleaded guilty to charges of "cohabiting as man and wife, against the peace and dignity of the Commonwealth", and avoided jail time by leaving Virginia and agreeing not to return to the state for 25 years.

The Lovings moved to Washington, D.C., and began legal action by writing to U.S. Attorney General Robert F. Kennedy. Kennedy referred the case to the American Civil Liberties Union. After the Warren Court unanimously ruled in favor of the young couple, they returned to Virginia, where they lived with their three children.

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JUNE 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.</i></p> <p><i>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>				
3 Malibu Chicken Green Beans Roasted Sweet Potatoes Orange Fluff	4 Spaghetti w/ Meat Sauce Italian Veggies Peaches Garlic Bread	5 French Dip Sandwich Broccoli Salad Fresh Oranges Cookie	6 Meat Loaf Au Gratin Potatoes Green Beans Apricots Roll	7 Nacho's Grande Lettuce/Tomato Refried Beans Fruit Salad Churro
10 Belgium Waffles w/ Berries Sausage Patty Asparagus Fruit	11 Polynesian Meatballs Rice Pilaf w/Quinoa California Blend Veggies Tropical Fruit	12 Chicken & Stuffing Green Beans Sliced Apples Roll	13 Tomato Basil Soup Chef Salad Cheese Biscuit Fruit Jell-O	14 Chefs Choice
17 Turkey Croissant Sandwich Tomato & Cucumber Salad Potato Chips Fruit & Yogurt	18 Hawaiian Hay Stacks White Rice Green Peas Pineapple Tidbits	19 Tuna Noodle Casserole Beets Applesauce French Bread	20 Lemon Pepper Cod Wild Rice Roasted Squash Lemon Pudding w/ Fresh Fruit	21 Hot Dogs Carrot Salad Potato Chips Watermelon
24 Cheesy Egg and Sausage Brunch Roasted Veggie Hash Fruit Cocktail Poppy Seed Muffin	25 BBQ Ribs Mac & Cheese Coleslaw Fresh Fruit Apple Pie	26 Chefs Choice	27 Club Sandwich Pineapple & Banana Coleslaw Mixed Fresh Fruit Cookie	28 Chicken Pasta Bake Capri Veggies Apple Salad

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.

Pool Tournament

POOL TOURNAMENT

Senior Center

MONDAY, JUNE 17 @ 9:30 AM



SIGN UP IN THE POOL ROOM

Do you have what it takes to be
NEXT CHAMPION?

Making Life Beautiful

National Making Life Beautiful Day is observed annually on June 11. It is a day dedicated to encouraging and celebrating men and women who are making life beautiful. Whether you're creating beauty through building relationships or helping others achieve personal success, one small action can lead to a ripple effect, making life beautiful not just for yourself, but for those around you, too.

Join us as we make post cards for people in our lives by sending messages of love, friendship, and appreciation.

Stamps are on us!

Tuesday June 11th 11:00-12:00
in Cafeteria



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10 Things You Can Do to Avoid Fraud

Crooks use clever schemes to defraud millions of people every year. They often combine new technology with old tricks to get people to send money or give out personal information. Here are some practical tips to help you stay a step ahead.

- Spot imposters. Scammers often pretend to be someone you trust, like a government official, a family member, a charity or a company you do business with. Don't send money or give out personal information in response to an unexpected request — whether it comes as a text, a phone call or an email.
- Do online searches. Type a company or product name into your favorite search engine with words like “review,” “complaint” or “scam.” Or search for a phrase that describes your situation, like “IRS call.” You can even search for phone numbers to see if other people have reported them as scams.
- Don't believe your caller ID. Technology makes it easy for scammers to fake caller ID information, so the name and number you see aren't always real. If someone calls asking for money or personal information, hang up. If you think the caller might be telling the truth, call back to a number you know is genuine.
- Don't pay upfront for a promise. Someone might ask you to pay in advance for things like debt relief, credit and loan offers, mortgage assistance or a job. They might even say you've won a prize, but first you have to pay taxes or fees. If you do, they will probably take the money and disappear.
- Consider how you pay. Credit cards have significant fraud protection built in, but some payment methods don't. Wiring money through services like Western Union or MoneyGram is risky because it's nearly impossible to get your money back. That's also true for reloadable cards (like MoneyPak or Reloadit) and gift cards (like iTunes or Google Play). Government offices and honest companies won't require you to use these payment methods.
- Talk to someone. Before you give up your money or personal information, talk to someone you trust. Con artists want you to make decisions in a hurry. They might even threaten you. Slow down, check out the story, do an online search, consult an expert — or just tell a friend.
- Hang up on robocalls. If you answer the phone and hear a recorded sales pitch, hang up and report it to the FTC. These calls are illegal, and often the products are bogus. Don't press 1 to speak to a person or to be taken off the list. That could lead to more calls.
- Be skeptical about free trial offers. Some companies use free trials to sign you up for products and bill you every month until you cancel. Before you agree to a free trial, research the company and read the cancellation policy. And always review your monthly statements for charges you don't recognize.
- Don't deposit a check and wire money back. By law, banks must make funds from deposited checks available within days, but uncovering a fake check can take weeks. If a check you deposit turns out to be a fake, you're responsible for repaying the bank.
- Sign up for free scam alerts from the FTC at [ftc.gov/scams](https://www.ftc.gov/scams). Get the latest tips and advice about scams sent right to your inbox.



If you spot a scam, report it at [ftc.gov/complaint](https://www.ftc.gov/complaint). Your reports help the FTC and other law enforcement investigate scams and bring crooks to justice.

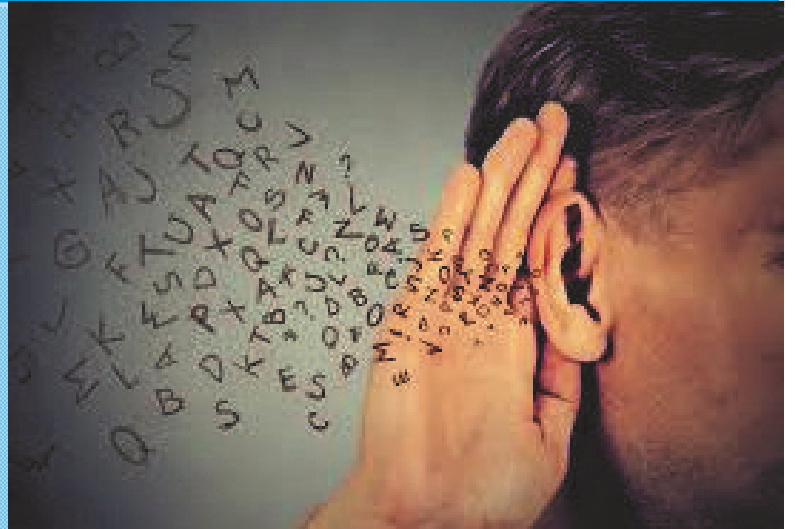
<https://www.consumer.ftc.gov/articles/0060-10-things-you-can-do-avoid-fraud>

Hearing Class

Are you or a family member frustrated and isolated because of a hearing loss?

Join us as we begin a new class here at the Center: Living with Hearing Loss. This is a 6 week class. Classes begin June 11th from 1:00 pm to 2:00 pm.

The Living with Hearing Loss class is to help individuals and families to improve communication barriers.



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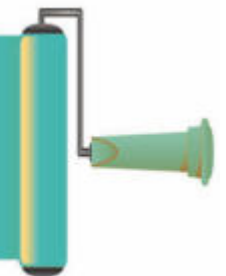
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MEDICARE

How to Use Veterans Benefits With Medicare

By: *The My Medicare Matters Team*



While most people 65 and older get their health care through Medicare, if you are a veteran (or family member of a veteran) you are eligible for additional healthcare options that can provide coverage in addition to Medicare. You may already have healthcare coverage either through VA benefits (administered through the Department of Veterans Affairs), TRICARE (administered through the Department of Defense) or CHAMPVA (administered by the Department of Veterans Affairs Chief Business Office Purchased Care), so Medicare can coordinate with these programs in different ways.

This post will help guide you through using your Medicare in conjunction with your existing veteran healthcare options.

I have VA benefits. Do I need to enroll in Medicare Part A and Part B?

It's often advisable to join Part A and Part B if you're eligible for it at age 65 since it covers inpatient hospitalizations, hospice, skilled nursing care and outpatient care from non-VA providers. Enrolling can prevent gaps in coverage and help you avoid Medicare late enrollment penalties if you decide to join later. Part A is typically free for most people and Part B has a monthly premium.

However, if you are enrolling in TRICARE For Life you must be enrolled in Original Medicare (Parts A & B).

How do Medicare and VA benefits work together?

Medicare and VA benefits rarely coordinate benefits which is why Veterans with VA benefits are encouraged to enroll in Medicare Parts A & B. Medicare does not cover services received at VA facilities and the VA will not pay for services obtained from non-VA providers (doctors and hospitals). Veterans who want treatment or care from non-VA providers should join Medicare Parts A & B.

Keep in mind, not all veterans are eligible for the same level of VA services. VA priorities may shift based on congressional appropriations, and veterans in lower-level priorities could see changes (possibly decreases) in their benefits over the years. If a veteran were to lose their VA coverage and join Medicare Parts A & B, then the 10% late enrollment penalties would apply for Parts A & B for each year of delayed enrollment.

I have both Medicare and VA coverage. Who pays first?

If you have both Medicare and VA benefits, you are eligible for treatment under either program. You must select which system to use each time you receive any form of healthcare. Medicare only pays for care delivered by Medicare-certified facilities. To get the VA to pay for services, you must go to a VA facility or have the VA authorize services in a non-VA facility. If the VA authorizes services in a non-VA hospital but doesn't pay for all of the services you get during your hospital stay, then Medicare may pay for a portion of Medicare-covered services.

I get my prescriptions from the VA. Do I need Medicare Part D prescription drug coverage?

Typically, veterans use the VA prescription drug benefits instead of Medicare Part D because it has lower out-of-pocket costs than Medicare Part D. However, anyone who is enrolled in Medicare Part A and/or B can join Medicare Part D. You may want to consider joining if any of these situations apply to you:

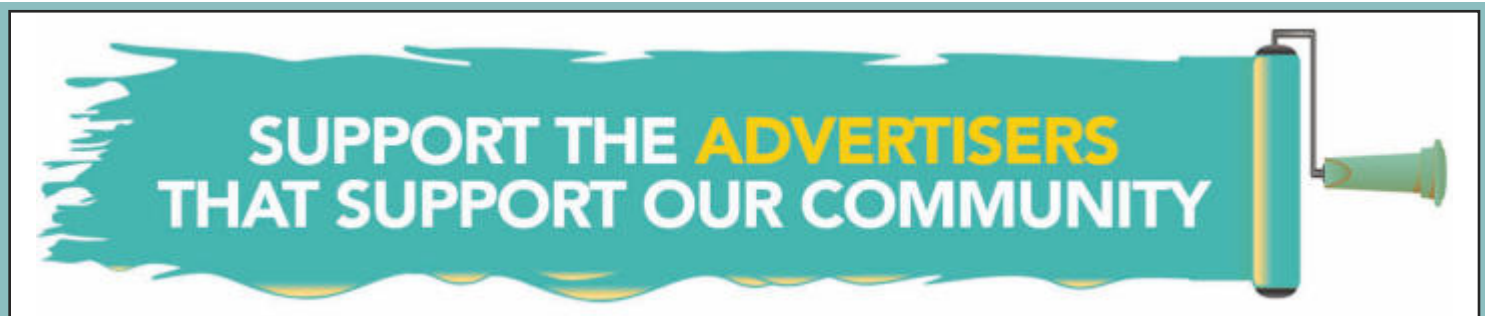
- Your prescriptions are not listed on the VA's covered drugs list, also called a "formulary"
- You take prescription drugs prescribed by non-VA physicians and fill the prescriptions at a local retail pharmacy
- You qualify for Medicare's Extra Help program, and therefore Part D offers drug copayments lower than VA copayments

VA and TRICARE coverage is creditable coverage, meaning there are no late enrollment penalties for joining Part D later.

To learn more about your VA benefits and Medicare enrollment choices you should contact the Department of Veterans Affairs. https://www.mymedicarematters.org/2018/05/use-veterans-benefits-medicare/?fbclid=IwAR2_qULKsjlMkV2XbPAUbyBY8xpSZHNvkdheY6efx5Ut8CUEKx3p6O8EUoRk



Happy Fathers Day to all you wonderful Grandpas, Fathers, Uncles, and Friends! Join us Friday June 14th for our Fathers Day Celebration. 12:15 p.m. Entertainment: Karl Sorensen and Ice Cream w/ Sunshine Terrace!



► Reach the Senior Market
ADVERTISE HERE

CONTACT

Bill Clough to place an ad today!
 wclough@lpiseniors.com or
 (800) 950-9952 x2635

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PLAN AHEAD

Pre-arranged funerals can be arranged to cover funeral costs so that no financial burden remains. For a free consultation, call (435) 752-3245

Elder Abuse – Know the Signs

ELDER ABUSE

Unexplained bruises or welts.
Multiple bruises in various stages of healing.



Unexplained fractures, abrasions and lacerations.
Multiple injuries
Withdrawn, passive
Low self-esteem or loss of self-determination

EMOTIONAL AND VERBAL ABUSE

Do you know a vulnerable adult who is being intimidated, threatened, isolated, coerced or harassed?



SELF NEGLECT

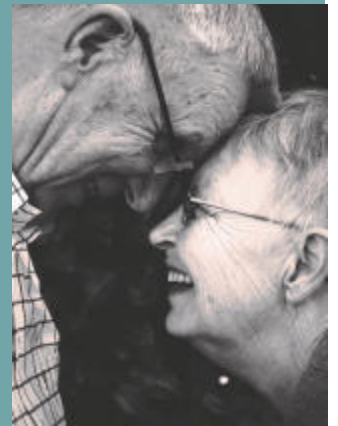
Self-Neglect occurs when a vulnerable adult is no longer able to care for their own well-being or provide basic necessities, due to mental or physical impairment.

Know the signs
Over or under medicated
Social isolation
Malnourishment or dehydration
Unkempt appearance
Lack of glasses, dentures, or hearing aides, failure to keep medical appointments

CARETAKER NEGLECT

Caretakers assume the responsibility to provide a vulnerable adult with care, food, shelter, clothing, supervision, etc. Failing to do so is considered neglect.

Dehydration
Deserted or abandoned
Malnourishment
Inappropriate or soiled clothes
Over or under medicated
Lack of glasses, dentures or other aides if usually worn
Unattended



EXPLOITATION

Obtaining or using (unjustly or improperly) a vulnerable adult's funds, credit, assets or other property, by deception or intimidation, is against the law.

Know the Signs
Disappearance of possessions
Forced to sell house or change one's will
Overcharged for home repairs
Inadequate living environment
Unable to afford social activities
Forced to sign over control of finances
No or little money for food, clothes or Other necessities

If you notice these or other signs,
Report abuse here
1-800-371-7897