

Cache County Senior Center

July 2019

Photo by Mike Bullock

Cache County Senior
Citizens Center
240 N 100 East—Logan
Hours: Monday—Friday
8:30 am – 4:00 pm

July 3rd
@ 8:30 am
Commodities Pickup

Lunch and Learn: 12:15

7/17 Dave Harston-Cowboy
Poetry

7/19- Toss Away the Could
Haves and the Should Haves
– Nicole Jardine LCSW

7/31-Logan Family Search
Library– Connecting
Families

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.

Canoe (Can you) Believe IT?!

We are excited to announce that
Common Ground will be hosting our
outing! Canoeing is possible for
everyone! Using a variety of
adaptive equipment and techniques,
everyone is able to canoe.

Join us on this fun day
as we head out to the
Benson Marina!

Cost: \$6.00

* A waiver must be signed

- Picnic lunch afterwards
- Departure time 9:00 am

PEACH

NUTRITION BENEFITS

1 Combats Free Radicals

Peaches display strong antioxidant properties that have long-term implications for fighting disease and ridding the body of free radicals.



2 Fights and Prevents Cancer

The skin, pulp, seeds and flowers from the peach tree have all been shown to fight cancer.

3 Prevents Dangerous Heart-Related Conditions

These "stone fruits" have proved to have a unique combination of bioactive compounds that, together, create drastic improvement in individuals at risk for heart disease.

4 Reduces Inflammation

Among its many anti-inflammatory abilities, peach nutrition stops the production of inflammatory cytokines and suppresses the release of histamines in the bloodstream that cause allergic reactions.

5 Treats Gut Disorders

Not only does the extract of peach flowers protect against certain cancers, but it's also a reasonable treatment for certain gut disorders known as motility disorders.

6 Destroys Candida Fungus

Peach nutrition fights and eliminates the growth of candida fungus with its combination of polyphenols, bioflavonoids and condensed tannins.

7 Supports Healthy Eyes

Because they contain the powerful antioxidants like lutein, peaches also help to protect your eyes and keep them healthy.

Dr. Axe
FOOD IS MEDICINE

Peach Salsa

Ingredients

1 lb tomatoes diced

1 bell pepper 4 oz, seeded and finely diced

2 jalapenos seeded and finely diced

1 medium onion finely diced

1 1/2 lbs peaches diced

1/2 bunch cilantro chopped

2 Tbsp lime juice

1 1/2 tsp salt or to taste

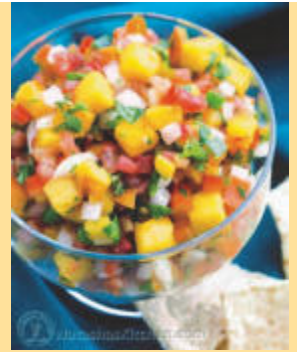
1/4 tsp freshly ground black pepper or to taste

Instructions

Chop tomatoes and transfer them to a large bowl.

Finely chop seeded bell pepper and jalapeños. Finely chop onion and transfer all your veggies to the bowl.

Dice the peaches. I liked the slightly larger dice for peaches to give them more of the center stage in this salsa. No need to peel them. You won't notice the peels and the color is prettier with the peel on. Transfer peaches to your bowl.



When do you go at
red and stop at green?



When you're eating
a watermelon!!!

mimmieliebeys.com

Out to Lunch Bunch: Cafe Sabor

WE are thrilled for the chance to visit a local favorite! Plus for those that want to take advantage of the great deal they will have that day: THURSDAY \$5.95 Locals' Special: Local Burrito and drink!

**Join us for a tasty lunch on
Thursday, July 18!**

You have the option of meeting us there at 11:30 am or if you need a ride... no worries, the bus will be available for transportation with \$1.00 suggested donation. Please sign up at the front desk with Marisol either way!



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Health and Wellness

We encourage you to learn more about important safety issues like preventing poisonings, transportation safety, and slips, trips, and falls.

Poisonings: Nine out of 10 poisonings happen right at home. You can be poisoned by many things, like cleaning products or another person's medicine.

Transportation safety: Doing other activities while driving – like texting or eating – distracts you and increases your chance of crashing. Almost 1 in 6 crashes where someone is injured involves distracted driving.

Slips, trips, and falls: More than 1 in 4 older adults fall each year. Many falls lead to broken bones or head injuries.

Falls are the leading cause of fatal and non-fatal injuries for older Americans. Falls threaten seniors' safety and independence and generate enormous economic and personal costs.

However, falling is not an inevitable result of aging. Through practical lifestyle adjustments, evidence-based falls prevention programs, and clinical-community partnerships, the number of falls among seniors can be substantially reduced.

<https://www.ncoa.org/news/resources-for-reporters/get-the-facts/falls-prevention-facts/>

Use this checklist to find and fix hazards in your home.

STAIRS & STEPS (INDOORS & OUTDOORS)

Are there papers, shoes, books, or other objects on the stairs?

- Always keep objects off the stairs.

Are some steps broken or uneven?

- Fix loose or uneven steps.

Is there a light and light switch at the top and bottom of the stairs?

- Have an electrician put in an overhead light and light switch at the top and bottom of the stairs. You can get light switches that glow.

Has a stairway light bulb burned out?

- Have a friend or family member change the light bulb.

Is the carpet on the steps loose or torn?

- Make sure the carpet is firmly attached to every step, or remove the carpet and attach non-slip rubber treads to the stairs.

Are the handrails loose or broken? Is there a handrail on only one side of the stairs?

- Fix loose handrails, or put in new ones. Make sure handrails are on both sides of the stairs, and are as long as the stairs.

FLOORS

When you walk through a room, do you have to walk around furniture?

- Ask someone to move the furniture so your path is clear.

Do you have throw rugs on the floor?

- Remove the rugs, or use double-sided tape or a non-slip backing so the rugs won't slip.

Are there papers, shoes, books, or other objects on the floor?

- Pick up things that are on the floor. Always keep objects off the floor.

Do you have to walk over or around wires or cords (like lamp, telephone, or extension cords)?

- Coil or tape cords and wires next to the wall so you can't trip over them. If needed, have an electrician put in another outlet.

KITCHEN

Are the things you use often on high shelves?

- Keep things you use often on the lower shelves (about waist high).

Is your step stool sturdy?

- If you must use a step stool, get one with a bar to hold on to. Never use a chair as a step stool.

BEDROOMS

Is the light near the bed hard to reach?

- Place a lamp close to the bed where it's easy to reach.

Is the path from your bed to the bathroom dark?

- Put in a nightlight so you can see where you're walking. Some nightlights go on by themselves after dark.

BATHROOMS

Is the tub or shower floor slippery?

- Put a non-slip rubber mat or self-stick strips on the floor of the tub or shower.

Do you need some support when you get in and out of the tub, or up from the toilet?

- Have grab bars put in next to and inside the tub, and next to the toilet.



National Harry Potter Day



Harry Potter
Bingo
National Harry Potter Day
7.31.2019
10:30 A.M
Bring your wizardly
knowledge and do
not Zap us to WIN!
The Gables will host

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Community Matters



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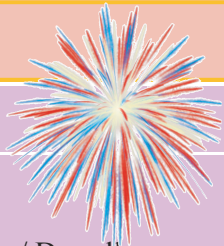
Cache County Senior Center, Logan, UT

B 4C 05-1038

JULY 2019

Monday

1
8:30 Sit and Be Fit w/ Darrell
10:30 Cards w/CNS
1:00 Needle Work Group



8
8:30 Sit and Be Fit w/ Darrell

10:30 Poker hosted by ComForCare

1:00 Needle Work Group



15
8:30 Sit and Be Fit w/ Darrell
1:00 Needle Work Group

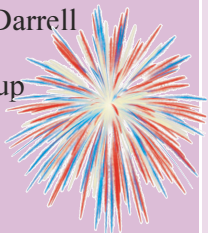
22
8:30 Sit and Be Fit w/ Darrell

9:15 Amelia Earhart Breakfast Club

1:00 Needle Work Group



29
8:30 Sit and Be Fit w/ Darrell
1:00 Needle Work Group



Tuesday

2
10:30 Board Games w/ Sarah
1:00 Movie: Midnight Lace 1h50m
1:00 Living w/ Hearing Loss

9
10:30 Board Games w/ Sarah
1:00 Movie: Fathers Little Dividend 1h21m

1:00 Living w/ Hearing Loss

16
10:30 Board Games w/ Sarah
1:00 Movie: The Maid 1h30m
1:00 Living w/ Hearing Loss

23
1:00 Foot Clinic by Integrity Home Health—Charge of \$10.00

1:00 Movie: Funny Face 1h43m

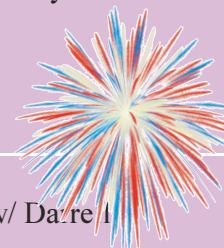
30
9:00-1:00 Canoeing Trip
1:00 Movie: To Catch A Thief 1h46m

Wednesday

3
8:30 Commodities
11:15 Craft with Sarah
8:30 Sit and Be Fit w/ Darrell

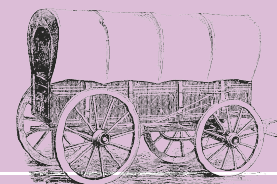
10
8:30 Sit and Be Fit w/ Darrell
11:15 Cooking Class
12-4 AARP Driver Safety Course

1:00 Book Club
1:30 Cribbage



17
8:30 Sit and Be Fit w/ Darrell
12:15 Dave Harston: Cowboy Poetry
1:00 Foot Clinic by Sunshine Terrace Charge of \$10.00
1:30 Cribbage

24
**CLOSED FOR
Pioneer Day**



31
8:30 Sit and Be Fit w/ Darrell
10:30 Harry Potter Bingo w/ The Gables
12:15 Logan Family Search Library—Connecting Families
1:30 Cribbage

JULY 2019

Daily Activities

Thursday

4
**CLOSED FOR
Independence Day**



11

8:30 Qigong

10:30 Writers Group

1:00 Documentary: Honey Badgers: Masters of Mayhem 53m

18

8:30 Qigong

10:30 Writers Group

11:30 Out to Lunch Bunch: Café Sabor

1:00 Documentary: The Clean Guys of Comedy 1h49m

25

8:30 Qigong

10:30 Writers Group

1:00 Red Hat Activity

**We must be sure that
the legacy of faith
received from the
pioneers who came
before us is never lost**

-M. Russell Ballard



Friday

5

8:30 Sit and Be Fit w/ Darrell

10-12 Blood Pressure

1:00 Movie: California Dreaming 1h26m

12

8:30 Sit and Be Fit w/ Darrell

10-12 Blood Pressure

1:00 Movie: The Miracle Worker 1h38m

19

8:30 Sit and Be Fit w/ Darrell

10-12 Blood Pressure

12:15 Lunch and Learn: Toss Away the Could Haves and the Should Haves: Nicole Jardine LCSW

1:00 Movie: Clue 1h36m

26

8:30 Sit and Be Fit w/ Darrell

10-12 Blood Pressure

10:00 Gorgeous Grandma Day w/ Symbii

1:00 Movie: The Cutting Edge 1h41m

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

17
July @
12:15

Seniors Got



TALENT SHOW

Come and enjoy the unique talents of our patrons!

If you would like to participate in this fun event please call 755-1720- Colby

Cache County Senior Center: 240 N 100 E in Logan

Made with PosterMyWall.com

Gorgeous Grandma Day!

We often rely on our family matriarch to be a sounding board, to get answers to life's many questions, or just to linger in her unconditional love (and to let her bake cookies for us!). We long to be near her because we love her, of course, but she is also a wealth of knowledge on many topics such as faith, family, gardening, cooking, working, make-up, and manners.

The title of being a grandma is well deserved.

Join us as we celebrate you!
Let us, along with Symbii, pamper you!

Mini Manicures for all you beautiful Ladies!

July 26th 10-12



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Cache County Senior Center, Logan, UT

C 4C 05-1038

JULY 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken & Brown Rice Savory Carrots Fruit Salad	2 Pig in a Blanket Baked Beans Creamy Cucumber Salad Cascade Veggies	3 Turkey Burger & Fix N's Broccoli Salad Watermelon Chips	4 	5 Oven Fried Chicken Seasoned Corn Fruit Cup Dinner Roll
8 Minestrone Soup Turkey Sandwich Roasted Asparagus Carrot Salad	9 Pot Roast Mashed Potatoes & Gravy Grapes Dinner Roll	10 BBQ Chicken Macaroni & Cheese Roasted Zucchini Apple Crisp Biscuit	11 Philly Beef Sandwich Peppers & Onions Marinated Vegetable Salad	12 Creamy Pasta w/ Tuna and Spinach Buttered Peas Mixed Green Salad w/ Pears Fruit Jell-O
15 Loaded Baked Potato Roasted Broccoli Spiced Pears Tapioca	16 Chefs Choice	17 Tortellini Sicilian Veggies Fruit Cup Garlic Bread	18 Split Pea Soup w/ Barley Ham Sandwich Grape Salad	19 Orange Chicken Brown Rice Oriental Veggies Melon Cup
22 White Bean Chicken Chili Normandy Blend Vegetables Apple Sauce Peach Cobbler	23 Chicken Enchilada Casserole Mexican Corn Tropical Fruit Salad w/ Lime Mint Tres Leches Cake	24 	25 Chicken Noodle Soup Chef Salad Ambrosia Fruit Salad	26 Beefy Mac Cauliflower w/ Cheese Peaches Bran Muffin
29 Sweet & Sour Pork Steamed Brown Rice Cut Green Mandarin Oranges	30 Pulled BBQ Chicken Sandwich Coleslaw Melon Cup Cookie	31 Lasagna Spinach Strawberry Salad Mandarin Oranges Garlic Bread Stick	<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.

Cooking Class

We all love camping, but let's be honest, the best thing about camping is the treats. Who says you have to go camping to enjoy these yummy treats! Join Sarah as she teaches us a few different easy camping treats.

The best part ...NO CAMPING...the BEST BEST part...eating the scrumptious treats!



Cooking Class
Wednesday July 10th
11:30-12:00

Craft



CRAFT CLASS

WEDNESDAY
JULY 3
11:30 AM

HOSTED BY: SARAH
JULY: SUMMER WREATHS

DON'T FORGET TO SIGN UP AND
JOIN US FOR THIS FUN CRAFTY
DAY!

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Scams and Fraud Concerns

Social Security is at the forefront of keeping your online data secure, but you play a vital role in safeguarding your personal information too.

Scammers commonly target people who are looking for Social Security program and benefit information. You might receive an advertisement in the mail, but it could be from a private company or even a scammer. U.S. law prohibits people and businesses from using words or emblems that mislead others. Their advertising can't lead people to believe that they represent, are somehow affiliated with, or endorsed or approved by Social Security or the Centers for Medicare & Medicaid Services (Medicare). If you receive misleading information about Social Security, send the complete advertisement, including the envelope it came in, to:

Office of the Inspector General
Fraud Hotline
Social Security Administration
P.O. Box 17768
Baltimore, MD 21235

Scams can also happen online. A growing tactic for scammers is to use online dating sites. According to the United States Postal Inspection Service's recent messaging, before starting an internet-based relationship, we should always keep our personal details to ourselves until you meet face-to-face.

Next, do an internet search of the other person's name and the town they claim to be living in.

Here are indications that someone may not be who they say they are:

A mismatch between their name and the name embedded in their email address.

There are obvious spelling and grammar errors.

They asked if you would send or receive money/packages on someone else's behalf.

They need money right away due to a medical emergency, or they need a visa or air tickets. Or, a business opportunity arose that was too good to turn down. Can you wire a loan?

If anyone asks for your Social Security number, never give it to them. And if they are specifically pretending to be from Social Security, please report the information to the Office of the Inspector General at 1-800-269-0271 or online at oig.ssa.gov/ report.

Protecting your information is an important part of Social Security's mission. You work hard and make a conscious effort to save and plan for retirement. For more information, please visit oig.ssa.gov/newsroom/scam-awareness.

Mental Health

TOSS AWAY THE "COULD HAVES" AND "SHOULD HAVES" DAY

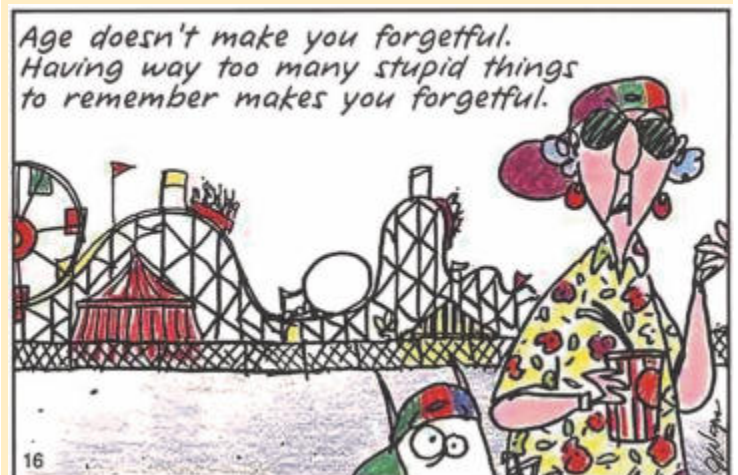
Across the United States, the third Saturday in July recognizes Toss Away the "Could Haves" and "Should Haves" Day.

Created by author and motivational speaker Martha J. Ross-Rodgers, this day is intended for all to let go of the past and live for the present. To help with this venture, find a paper and pen, write down your "could haves" and "should haves" and then throw it away.

Once you have thrown your "could haves" and "should haves" in the trash, make the following resolution:

"From this day forward, I choose not to live in the past. The past is history that I cannot change. I can do something about the present; I choose to live in the present."

Now, take care of yourself and your health by living for now. Do your best and make the best of each and every day!



Independence Day

Author Unknown

In the year of 1776
That paper was decreed -
They were tired of oppression
And wanted to be freed

They wrote a Declaration
So the whole world would see -
This was, "the home of the brave
And the land of the free"

They signed that piece of
parchment
The leaders of this land -
Knowing, divided they would fall
But, together they could stand

A new world lay before them
Untamed from shore to shore -
They swore they would protect it
If it meant going to war

Battles have been fought -
And many lives have been lost -
So sad something so basic
Has such a high, high cost

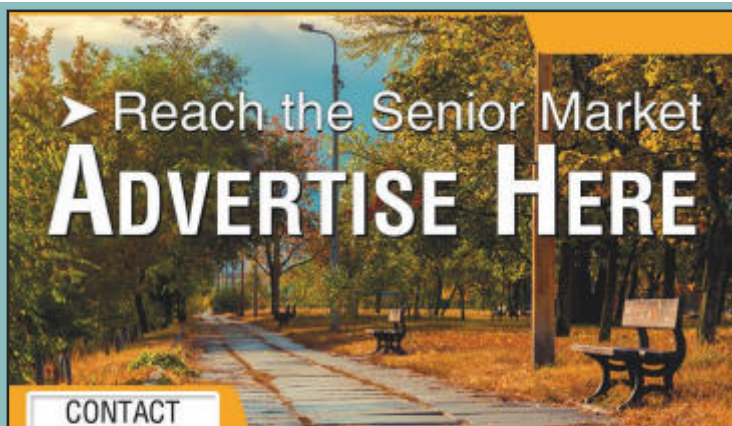
'Seems freedom is a luxury
There's some would bind us all -
Like then, together, we can stand
But divided, we will fall

More than two hundred years
Have past by since that day
That each of us celebrate
In our own different way

We should be proud and thankful
Pay our share of the cost -
Not take freedom for granted
For it easily could be lost



4th JULY
INDEPENDENCE DAY



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Cache County Senior Center, Logan, UT

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Dear Marci

My doctor believes I need a medical procedure, but a representative from my Medicare Advantage Plan said that it will not be covered. Is there anything I can do to ask my plan to reconsider?

-Isabel (Dover, DE)

Dear Isabel,

If your Medicare Advantage Plan denies coverage for a health service or item before you have received the service or item, you can appeal to ask your plan to reconsider its decision. Follow the steps below if you feel that the denied health service or item should be covered by your plan.

Note: You will follow different appeal processes if your plan has denied coverage for care you have already received or a prescription drug.

Before you can start your appeal, you will need to get an official written decision from your plan, called a Notice of Denial of Medical Coverage. You are typically first told verbally that your plan will not cover a service or item when you or your doctor call to confirm coverage before the service is provided. If the plan tells you that the service or item will not be covered, they should also send you the Notice of Denial of Medical Coverage. You should receive this written denial within 14 days.

You can request a fast (expedited) appeal if you or your doctor feel that your health could be seriously harmed by waiting the standard timeline for appeal decisions. If your plan approves your request to expedite, it should issue a decision within 72 hours. For this and the following levels of appeal, your doctor can ask that the plan follow the expedited timeline.

Start your appeal by following the instructions on the Notice of Denial of Medical Coverage. Make sure to file your appeal within 60 days of the date on this notice. You will need to send a letter to your plan explaining why you need the service or item. You may also want to ask your doctor to write a letter of support, explaining why you need care and addressing the plan's concerns. Your plan should make a decision within 30 days. If you file an expedited appeal, your plan should make a decision within 72 hours.

In some cases, your plan can extend its decision deadline up to 14 days. You should be notified if this happens.

If you don't receive a Notice of Denial of Medical Coverage within two weeks (or 28 days if your plan extended its decision deadline), you can file an appeal without it. Start your appeal by sending a letter to your plan explaining that it has been two weeks since you initially requested an item or service, and you have not received a denial notice. If possible, include a doctor's letter of support. You may also want to file a grievance. If you have a good reason for missing your appeal deadline, you may be eligible for a good cause extension.

If the appeal is successful, your service or item will be covered. If your appeal is denied, you should receive a written denial notice. Your plan should also automatically forward your appeal to the next level, the Independent Review Entity (IRE). There are several further steps in the appeals process that you may be able to follow if your appeal continues to be denied.

Remember to keep good records of all your communications throughout the appeals process. You should submit all requests in writing, and keep fax transmission reports, mail information by certified mail, or return receipts. Write down the details of any phone calls you make related to your case, including what you discussed, who you spoke to, and the date and time of the call.

If you need assistance understanding the coverage rules surrounding a health service or item, or help completing your appeal, you can

contact your State Health Insurance Assistance Program (SHIP) for assistance 755-1720 Giselle or Colby.



Social Security in Logan

Social Security services are available via web cam in Logan every Thursday from 10:00 am to 3:00 pm at the Department of Workforce Services.

Many Social Security services are available online, including:

- Applying for Retirement
 - Applying for Disability or Medicare benefits
 - Change of Address or Direct Deposit
 - Request Replacement of Medicare Card
 - Request Benefit Verification
 - File Representative Payee Accounting
 - Use Benefit Planner to Calculate Retirement
 - Disability and Survivors Benefit Yard Sales
- Automated telephone service is available 24 hours a day 7 days a week .

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- Request Replacement of Medicare Card
- Request Benefit Verification
- File Representative Payee Accounting
- Use Benefit Planner to Calculate Retirement
- Disability and Survivors Benefit

Website: <http://www.socialsecurity.gov/>

Time: 10:00 am to 3:00 pm

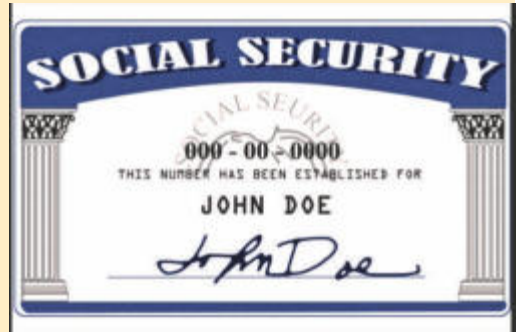
Date: Every Thursday

Location: Workforce Services

180 N 100 W

Logan, UT

84321



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