

Cache County Senior Center

September 2019

Photo by Mike Bullock

**September 4th
@ 8:30 am
Commodities Pickup**

Lunch and Learn: 12:15


9/4 - Healthy Aging w/
Symbii: Natalie Gibson

9/11- Patriot Day

9/19 – Music by Sherid
Peterson

*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.

*Our doors open at 8:30
a.m. and we close at 4:00
p.m. Please make a res-
ervation 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.



GREAT PRIZES

**Aggie Ice Cream:
\$2.00**

BINGO

**FUNDRAISER BENEFITTING
MEALS ON WHEELS**

HOSTED BY MOLINA

\$5.00 A CARD

SEPTEMBER 27

7-PM AT THE CACHE COUNTY SENIOR CENTER

THANK YOU TO OUR GENEROUS SPONSORS OF THIS EVENT!

240 N 100 E / 755-1720

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Nutrition News

Cauliflower is a cruciferous vegetable that is naturally high in fiber and B-vitamins. It provides antioxidants and phytonutrients that can protect against cancer. It also contains fiber to enhance weight loss and digestion, choline that is essential for learning and memory, and many other important nutrients.




Aug 18, 2017 <https://www.medicalnewstoday.com/articles/282844.php>

Fast facts on cauliflower:

Here are some key points about cauliflower.

- Cauliflower is a good source of fiber and vitamins.
- Its ingredients may help strengthen bones, boost the cardiovascular system and prevent cancer.
- Tasty ways of eating cauliflower include cauliflower crust pizza and cauliflower and cheese soup.
- People who are using blood thinners should not suddenly start eating a lot of cauliflower because the high levels of vitamin K could react adversely with the drugs.



I hate spelling errors.
You mix up two letters
and your whole post is
urined.

Good Things To Eat

I'm always a little suspicious of lighter recipes that are substitutions of classics, but mashed cauliflower is legitimately delicious. The beauty of mashed cauliflower is that you can try tons of different flavor variations, just as you would with mashed potatoes. You can add garlic, butter, cheese, chives, scallions and more.

Ingredients:

2 heads of cauliflower
1/2 cup grated cheddar cheese (about 2.5 ounces by weight)
1/4 cup sour cream
2 tbsp butter, softened
1/2 tsp salt or to taste
1/8 tsp black pepper or to taste
2 tbsp chopped chives, optional
*US Customary - Metric

Instructions:

Cut the cauliflower heads down into florets, then steam or boil for about 8-10 minutes, until completely fork tender and soft.

You can also cook the florets in an Instant Pot, by adding 1/2 cup of water to the bottom, and placing the cauliflower florets on the steamer insert. Using low pressure, steam for 8 minutes.

Let the cauliflower drain and cool, then squeeze in a kitchen towel to remove the majority of the water in the cauliflower. If you're in a hurry, I've had success with using tongs or rubber gloves to squeeze the cauliflower while it's still hot, just don't use your bare hands!

For a chunkier cauliflower mash, mix the cauliflower with the remaining ingredients by hand.

For a smoother texture, puree the squeezed cauliflower in a food processor with everything but the chives, for about one minute until smooth.

Mix in the chives if desired, or simply sprinkle on top to garnish. Enjoy!

Out to Lunch Bunch:

September 16th @11:30am

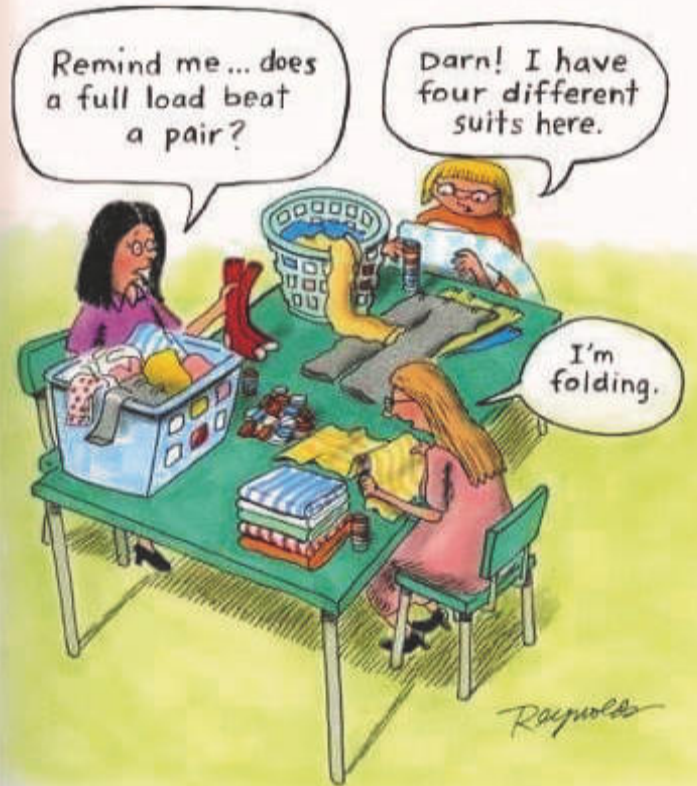
Come join us at Firehouse Pizzeria in Logan for a yummy afternoon of pizza and pasta!



Sign up at the front desk and let Marisol know if you will need a ride. Cost of the bus will be \$1.00



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Jasen Nordberg

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Health and Wellness

Detecting Early Suicide Warning Signs in Older Adults

How do you know whether the elderly person in your life may be contemplating suicide? Mental Health America says there are many warning signs that could indicate that suicide is being considered:

- The person expresses depression or hopelessness
- There has been a loss of independence
- Having been diagnosed with a serious medical condition that could either dramatically change quality of life or end it prematurely
- The senior is isolated socially
- A loved one has recently died or there are family issues
- Lack of desire or inability to deal with change
- Risky behaviors are exhibited
- Substance use or abuse has increased
- Suicide has been attempted previously, or he or she makes statements indicating that life would be better if they weren't around
- Valuable possessions are no longer important and may be given away



Suicide Prevention Options for Seniors

If these signs are present or you're otherwise concerned someone may be deciding to take his or her own life, there are many things you can do to help reduce this risk.

Talk With Them

The Substance Abuse and Mental Health Services Administration (SAMHSA) says that taking the time to have caring, nonjudgmental conversations with an elderly person who may be considering suicide can sometimes help. When speaking with them, the SAMHSA recommends encouraging them to take advantage of wellness classes offered at area senior centers.

If necessary, you can even find the senior centers first to identify the options that exist before talking to your loved one about the benefits each would provide. For instance, some senior centers offer classes related to hobbies and special interests, potentially reigniting a spark for activities that they enjoy. Even fitness classes can potentially help as Harvard Health shares that physical activity is a natural depression treatment.

Connect Them With Elderly Support Groups

Another option is to help them find support groups so they can connect with other seniors who are struggling with the same type of life issues. For instance, if they are depressed because they lost a spouse or someone close to them, you may encourage them to find a grief support group. If you're not familiar with one in your area, Grief.com offers an online search option.

Or maybe it is the elderly person's physical health that has him or her contemplating suicide. There are support groups for all types of conditions, such as cancer, heart disease, Parkinson's and Alzheimer's. Some are available at local medical care facilities, whereas others may be interspersed throughout the community and held at schools, in libraries, or at organizations that deal specifically with that disease.

Remove Lethal Means

Perhaps most importantly, if you suspect that the elderly person in your life is contemplating suicide, remove any lethal means that would make it easier for them to go through with the act.

If they have firearms, for instance, get them out of their home and give them to someone who can keep them safe until the elderly person's situation improves. And if they have medications that can easily be overdosed, you may want to remove those as well (as long as it doesn't impact their quality of care).

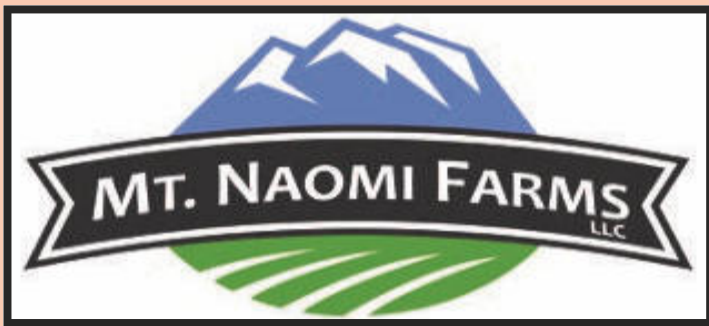
Admittedly, there isn't much you can do in regard to some of the other lethal means that individuals can use to take their lives, like suffocations or poisonings with household cleaners. But the harder you make it for them to have access to the methods that can end their lives prematurely, the greater your ability to thwart their plans long enough to get them help so they no longer want to take this action.

Mt. Naomi Farms

Join us as we head off to Mt. Naomi U-Pick Farms for some yummy fruit picking. They will have raspberries, grapes and some fruit trees in season ready to pick and take home to enjoy.

The bus fee will be \$2 or you can drive up and meet us there. Just make sure you RSVP to the front office so we can get a list of who is coming.

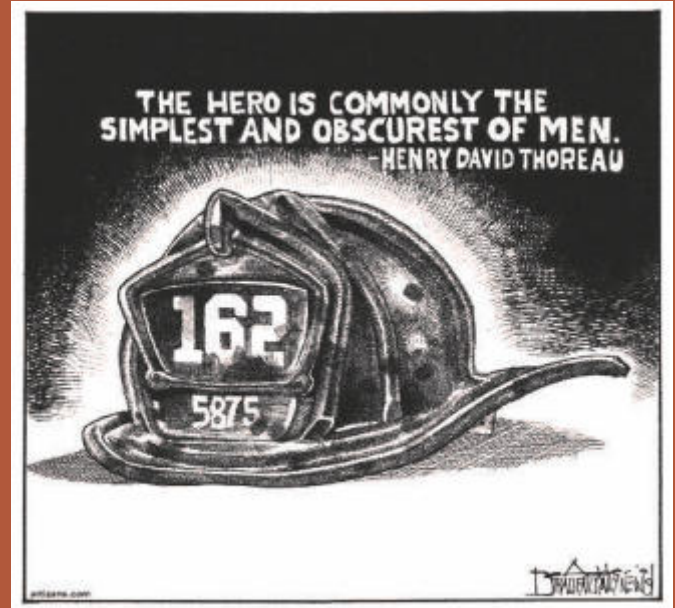
September 24th 9am-11am



Patriot Day

September 11th

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SEPTEMBER 2019

Monday	Tuesday	Wednesday
<p>2</p> <p>CLOSED FOR</p> 	<p>3</p> <p>1:00 Foot Clinic by Integrity Home Health—Charge of \$10.00</p> <p>1:00 Movie: Walk The Line 2h15m</p> <p>1:00 Hearing Aids 101</p> 	<p>4</p> <p>8:30 Commodities</p> <p>8:30 Sit and Be Fit w/ Darrell</p> <p>12:15 Lunch and Learn: Healthy Aging: Natalie Gibson w/ Symbii</p> <p>1:30 Cribbage</p>
<p>9</p> <p>8:30 Sit and Be Fit w/ Darrell</p> <p>9:15 Soduku Breakfast Club</p> <p>10:30 Poker hosted by ComForCare</p> <p>1:00 Needle Work Group</p>	<p>10</p> <p>11:15 Cooking Class</p> <p>1:00 Movie: Book Club 1h43m</p> <p>1:00 Hearing Aids 101</p>	<p>11</p> <p>8:30 Sit and Be Fit w/ Darrell</p> <p>10:30 Bingo w/ The Gables</p> <p>12-4 AARP Driver Safety Course</p> <p>1:00 Book Club</p> <p>1:30 Cribbage</p> 
<p>16</p> <p>8:30 Sit and Be Fit w/ Darrell</p> <p>10:00 Damon's Poker Party</p> <p>10:00 Living Well w/ Diabetes</p> <p>11:30 Out to Lunch Bunch: Firehouse</p> <p>1:00 Needle Work Group</p>	<p>17</p> <p>9:30 Music Class CCID</p> <p>12:30 Lunch Time Games w/ Sarah</p> <p>1:00 Movie: Sacred Ground 1h40m</p> <p>1:00 Hearing Aids 101</p> 	<p>18</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>23</p> <p>8:30 Sit and Be Fit w/ Darrell</p> <p>10– 12 Flu Shot Clinic</p> <p>10:00 Living Well w/ Diabetes</p> <p>1:00 Needle Work Group</p> <p>First Day of Fall!</p> 	<p>24</p> <p>9:00 Fruit Picking at Mt Naomi</p> <p>1:00 Foot Clinic by Integrity Home Health—Charge of \$10.00</p> <p>1:00 Movie: Chorus Line 1h58m</p> <p>1:00 Hearing Aids 101</p>	<p>25</p> <p>8:30 Sit and Be Fit w/ Darrell</p> <p>10:30 Bingo w/ Molina</p> <p>1:30 Cribbage</p>
<p>30</p> <p>8:30 Sit and Be Fit w/ Darrell</p> <p>10:00 Living Well w/ Diabetes</p> <p>1:00 Needle Work Group</p> <p>4:00 Diabetes Class by BRHD</p>	<p>Sing to me, Autumn, with the rustle of your leaves. Breathe on me your spicy scents that flow within your breeze. Dance with me, Autumn, your waltz that bends the boughs of trees. Now tell me all the secrets you've whispered to the seas. Sleep with me, Autumn, beneath your starlit skies. Let your yellow harvest moon shimmer in our eyes.</p>	

SEPTEMBER 2019

Daily Activities

Thursday

Friday

5
10:30 Writers Group
10:30 Cards w/CNS
1:00 Documentary: Surviving Progress 1h26m
1:00 Sewing Class: H Bag
5:30 Tai Chi 24

6
8:30 Sit and Be Fit w/ Darrell
10-12 Blood Pressure
10:30 Grandparents Day Bingo
1:00 Movie: Mission Impossible Fallout 2h28m

12
10:30 Writers Group
11:00 Yoga Class
1:00 Documentary: The Man Nobody Knew, In Search of My Father, CIA Spymaster William Colby 1h44m
5:30 Tai Chi 24

13
8:30 Sit and Be Fit w/ Darrell
10-12 Blood Pressure
1:00 Movie: Batman 2h3m Happy Batman Day!



19
10:30 Writers Group
12:15 Music by Sherid Peterson
1:00 Documentary: The Oyler House 45m
1:00 Sewing Class: quilt as you go
5:30 Tai Chi 24

20
Center Closed for Staff Training

26
10:30 Writers Group
11:00 Yoga Class
1:00 Red Hat Activity
5:30 Tai Chi 24

27
8:30 Sit and Be Fit w/ Darrell
10-12 Blood Pressure
10:30 Nails with Symbii
1:00 Movie: Charade 1h53m
7:00 Bingo Fundraiser for MOW



Kiss me, Autumn, with your enchanting spellbound ways
That changes all you touch into crimson golden days.

Love me, Autumn, and behold this love so true. That I'll be waiting faithfully each year to be with you.



Monday

8:30 Fitness Room
8:30 Quilting
8:30 Pool Table 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 Table 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 Table 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 Table 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 Table 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

Scams and Fraud Concerns

Auto Loan Modification Scams

Chances are you rely on your car or truck to get you where you need to go. But if you're late with your car payments, your vehicle could be taken away from you.

If you're having trouble paying your car loan and you're worried about having your vehicle repossessed, you may think that doing business with companies that claim they can reduce your monthly car loan or lease payment can help you avoid repossession. These companies might charge fees of several hundred dollars up front, tout their relationships with consumers' lenders, and bolster their claims to be able to significantly lower your monthly payments with glowing testimonials from "satisfied" customers. Some say that if they can't make a deal with your lender, they'll refund your money.

The promises may sound like a way to get out from under. But the Federal Trade Commission (FTC), the nation's consumer protection agency, says it's smooth talk by scam artists who are out to take your money and provide nothing in return. In fact, the FTC recently sued companies that made claims like these, but failed to deliver the auto loan modifications they promised or honor the refund policies they "guaranteed." What's more, in many instances, the companies never even contacted any lenders.

The victims of these auto loan modification scams tell the same story: After paying a fee for the promise of a loan modification, nothing was done to secure the results that were promised. The scam artists often compounded the problem by telling their clients to stop making their car payments while the companies claimed to be in negotiations with lenders. Some victims learned that the companies hadn't done anything only after their lender contacted them about repossessing their vehicle. In some instances, the scam artists demanded additional fees to continue working on their client's cases.

These scams may sound familiar. Some scam artists have taken a page from the mortgage loan modification fraud playbook, moving from trying to dupe homeowners in distress to preying on drivers who can't make their car payments. The fraud is the same: people pay in advance for a service that is

either never performed, or not performed as promised.

If You're Behind On Your Car Payments

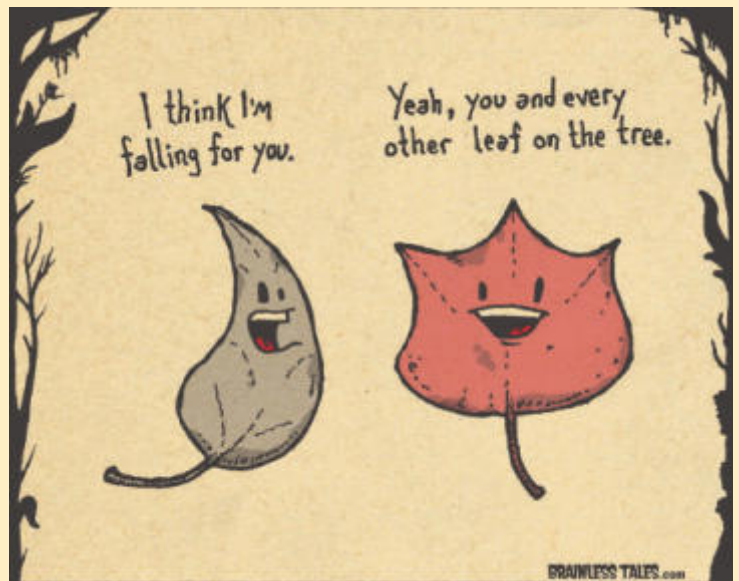
If you are having trouble making your car payments, contact your lender directly to discuss your options as early as you can. The longer you wait to call, the fewer options you will have. Typical auto loan modifications involve either deferring missed payments to the end of the loan or extending the loan term to reduce monthly payments. That choice actually increases the total amount you pay in interest, even with a lower interest rate. Creditors rarely reduce the amount of the principal or the interest rate in an auto loan modification.

If Your Vehicle Is Repossessed

If you don't – or can't – make timely payments on your vehicle, your creditor may have the right to repossess your car without going to court or telling you in advance. Your creditor also may be able to sell your contract to a third party, called an assignee, who may have the same right to seize your car as the original creditor.

Reporting Fraud

If there's a possibility that you've been ripped off by an auto loan modification fraudster, file a complaint with the Federal Trade Commission and your state Attorney General. <https://www.consumer.ftc.gov/articles/0255-auto-loan-modification-scams>



Grandparents Day BINGO



GRANDPARENTS 6 -DAY- 10:30 SEPTEMBER -DAY- AM BINGO

BRING YOUR GRANDKIDS FOR A DAY OF
FAMILY BINGO FUN!

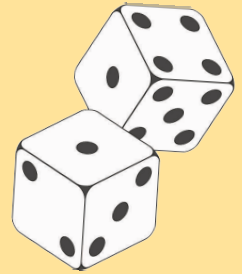
PRIZES/ TREATS/ AND FUN FOR ALL

Lunch Time Games



Come join us
during lunch
@12:30 on
September
17th for a
special game

show event. We will provide
the game and prizes but you
will have to bring
the fun and
competition.



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SEPTEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED FOR 	3 Beef Stroganoff Buttered Noodles Cascade Veggies Fresh Berries & Cream	4 Chili Mixed Green Salad Lemon Pudding w/ Berries Corn bread	5 BBQ Shredded Chicken Sandwich Potato Salad Carrot/Raisin Salad Fresh Fruit Cup Chips	6 Turkey Stew Cesar Salad Ambrosia Fruit Salad
9 Chefs Choice	10 Tomato Mac Soup Grilled Cheese Celery Sticks Melon salad	11 Loaded Baked Potato Buttered Broccoli Mandarin Oranges Coconut Cream Pudding	12 Grilled Chicken – Pesto Cavatappi Garden Salad Peaches	13 Fish & Chips Roasted Vegetables Tapioca Pudding Pineapple Chunks
16 Tuna Casserole Buttered Peas Fruit Jell-O Roll	17 Chicken Cordon Bleu Veggies Cascade Tropical Fruit Wheat Roll	18 Beef Chili Dog Baked Beans Coleslaw Apple-berry Crisp	19 French Dip Sandwich Coleslaw Citrus Fruit	20 CLOSED FOR STAFF TRAINING
23 Turkey Burger Baked Beans Chips Bean Salad	24 Sheppard's Pie Mixed Salad Fruit Cocktail Dinner Roll	25 Breaded Pork Chop Scalloped Potatoes Harvard Beets Spiced Apples	26 Pancakes Sausage Patty Scrambled Eggs Chilled V-8 Juice Fruit & Yogurt (National Pancake Day)	27 Chefs Choice
30 Hot open Faced Turkey Sandwich Mashed Potatoes & Gravy Peas & Carrots Banana Cream Pudding				

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 Class

Craft Class
 With Sarah
 CACHE COUNTY SENIOR CENTER
 SEPTEMBER 18TH, 2019
 @11:15 AM

Cooking Class

COOKING CLASS
 WITH SARAH
 COME LEARN A TASTY NEW RECIPE AND HAVE SOME FUN TASTE TESTING WHAT WE MAKE
 TUESDAY, SEPTEMBER 10TH @11:15AM

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MEDICARE

Medicare Savings Programs (MSPs) are state programs that assist you with paying your Medicare costs. These costs include premiums, deductibles, coinsurance charges and copayments for Part A and B. There are three main programs,* each with different benefits and eligibility requirements:

MSP	What does it cover?	What is the income limit?	What is the resource limit?
Qualified Medicare Beneficiary (QMB)	<ul style="list-style-type: none"> •Parts A and B premiums •Parts A and B cost-sharing (deductibles, copayments and coinsurances) 	Individual: \$1,061 Couple: \$1,430	Individual: \$7,730 Couple: \$11,600
Specified Low-income Medicare Beneficiary (SLMB)	<ul style="list-style-type: none"> •Part B premium 	Individual: \$1,269 Couple: \$1,711	Individual: \$7,730 Couple: \$11,600
Qualifying Individual (QI)	<ul style="list-style-type: none"> •Part B premium 	Individual: \$1,426 Couple: \$1,923	Individual: \$7,730 Couple: \$11,600

To apply for an MSP, you will need to apply to your local Medicaid office or other state agency that receives MSP applications. You or a State Health Insurance Assistance Program (SHIP) counselor can contact the local Medicaid office to learn how to apply. Some state's applications can be submitted online, while others are submitted through the mail. You will usually need to send in documentation with the application, such as copies of your Social Security card, Medicare card, birth certificate and/or proof of income and resources.

Once you apply for an MSP, you should hear back from your Medicaid office within about 45 days. If you do not receive a notice, follow up with the office where you applied. If you are approved for the MSP, it can take up to three months for your benefits to start. You will be reimbursed for any premiums you paid during those months.

New Classes

Hearing Aids 101: When hearing aids join the family

This is a 4 week course, starting Tuesday 9/3 from 1:00– 2:30pm.

The purpose of this course is to be able to make informed decisions about hearing aids.

- The expectation of hearing aids vs the reality.
- How hearing aids work, protecting your hearing aids, batteries and troubleshooting.
- Hearing Assistive Technology: Telecoils, phones, alerting devices, personal amplification systems and Bluetooth technology.

Free Class!

Living Well With Diabetes

6 Week Course, Starting September 16th

Mondays 10:00 to 12:15

Lunch is provided!

This FREE workshop will cover topics such as:

- Managing symptoms
- Using medication as directed
- Working with your health care team
- Goal setting
- Handling difficult emotions
- Solving problems effectively

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◀ **Joan Lunden**, journalist, best-selling author, former host of *Good Morning America* and senior living advocate.


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MEDICARE

Continued from pg. 12

What other benefits, rights and protections come with the MSP?

- **If you enroll in an MSP, you will automatically get Extra Help**, the federal program that helps pay your Medicare prescription drug (Part D) plan costs.
- **The MSP allows you to enroll in Part B outside of the regular enrollment periods.** If you missed your Initial Enrollment Period to enroll in Part B, the MSP will allow you to enroll in Part B during any time of the year.
- **If you have a Part B late enrollment penalty (LEP), the MSP will eliminate it.** Additionally, if you have a Part A LEP and qualify for QMB, QMB will eliminate your Part A LEP.
- **If you are enrolled in QMB, providers who accept Original Medicare or who are in network for your Medicare Advantage Plan cannot bill you for any Medicare cost-sharing.** This includes deductibles, copayments and coinsurances for all Medicare covered services. If you have QMB and your provider bills you for services, let them know that you have QMB and should not be billed. If you continue to have problems, call 1-800-MEDICARE, SHIP or Senior Medicare Patrol (SMP). See the last page for contact information.
- **Remember that the MSP is available to all people with Medicare who qualify, not just those who are enrolled in certain private plans.**

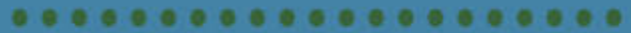
New Class



CACHE COUNTY SENIOR CITIZENS CENTER

YOGA

with certified instructor and Cache Valley community member, Amanda Bevington



45 Minutes

2nd and 4th Thursdays every month

11:00 a.m.



Come closer...
I've got a point to make.



DRINKLESS TALES .COM

Community Music with CCID

We are excited to collaborate with the elementary school CCID. They will begin holding a music class here at the senior center! Class will be held once a month.

Class Begins Tuesday September 17 at 9:30 am Free Music Class

Learning songs
Playing instruments
Learning about one another and building connections
And most of all having Fun!
Every one is invited with or with music skill



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Logan North Logan

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

Senior Fun

	9	6		4			3	
	5	7	8	2				
1			9			5		
		9		1				8
5								2
4				9		6		
		4			3			1
				7	9	2	6	
	2			5		9	8	

Attention all puzzle fanatics and math lovers! September 9 is International Sudoku Day! The World Puzzle Federation established this day and the date chosen (9/9) is symbolic within Sudoku. Sudoku is a logic-based number puzzle in which the objective is to fill a 9×9 grid so that each column, row and 3×3 sub-grid contains all the digits from 1 to 9. The name itself means “single number.” Number puzzles have been around since the 19th century, but Sudoku as we know it did not appear until the 1980s and did not appear in Western newspapers until 2004. Despite being fairly new in the world of puzzles, it has managed to ensnare millions of people eager for a challenge. There is even an annual competition that has been held since 2006. It seems we just can’t get enough of it! Giselle has the answer key so visit her to check to see if you have them all correct. <https://nationaltoday.com/international-sudoku-day/>