

# Cache County Senior Center

October 2019

Photo by Mike Bullock

**October 2nd**  
**@ 8:30 am**  
**Commodities Pickup**

**Lunch and Learn:**  
**12:15**

Wednesday 10/2 Have the  
opioid talk with BRHD

Friday 10/4 Stepping On  
with Emily Jukes from  
Bear River Health  
Department

Friday 10/11 Jordan with  
Aqua Works

Thursday 10/17 Music  
with Sherrid Peterson

Monday 10/21 Reeds  
Pharmacy - Ask a  
Pharmacist

Friday 10/25 Sepsis  
Awareness with IHC

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.

AND SUDDENLY  
YOU JUST KNOW  
IT'S TIME TO START  
SOMETHING NEW  
AND TRUST  
THE MAGIC  
OF BEGINNINGS

Just as there is a changing of seasons; the leaves turning different colors; the air is more brisk, and the gardens are put away, mother earth is blessing us with new beginnings. I also have had to trust in the "magic of beginnings."

We here are so very excited for our meals on wheels coordinator and her new adventure of retirement. She has served our county for 32 years. I want to express my sincere gratitude for the excellent support that she has been to our senior center. The success of the meals

on wheels program is derived from her hours of dedication and service. We wish Kris happiness in her retirement and hope for the best in all future endeavors. Retirement will offer many new adventures and we are excited for her.

With this change we welcome, Jaycee Harrison, as the new Meals on Wheels coordinator. Jaycee was born and raised in Logan. She graduated Magna Cum Laude with Honors from Utah State University in 2017. She has a bachelors degree in social work with a minor in psychology. She is married with a newly turned 2 year old. Her hobbies include playing softball, being outdoors, crafts and sewing. We had the opportunity to get to know Jaycee as she completed her internship with us. In her we saw a kind, outgoing, hard working student. She devoted 600 hours of service to the senior center, many of which included the meals on wheels program. She has a clear knowledge of how the program functions as she has been on many of the routes delivering meals. She has knowledge of many of the social services and is going to provide a wealth of assistance to our homebound clients. She has a love for this aging population and we are confident that she will excel in this new role.

We say good bye to our dear Kris, we thank her for all that she has done and we welcome Jaycee to join us as we strive to serve our older adult population. I look forward to continue providing programs and activities that will empower, and provide assistance.

*Giselle*



### What exactly are the health benefits of apples?

You don't have to be a nutritionist to realize that apples are healthy. Not only do they come in their own packaging – meaning you can eat the skin – they are also full of healthy nutrients. So what makes apples so healthy? The nutritional profile. In 2004, the USDA scientists investigated over 100 foods to measure their antioxidant concentration per serving size. Two types of apples — Red Delicious and Granny Smith — ranked 12th and 13th respectively. Antioxidants are disease-fighting compounds. Scientists believe these compounds help prevent and repair oxidation damage that happens during normal cell activity. Apples are also full of a fiber called pectin — a medium-sized apple offers about four grams of fiber. Pectin is classed as a soluble, fermentable and viscous fiber, a combination that gives apples a huge list of health benefits.

1. Lowers Your Risk of Type 2 Diabetes
2. Protects Your Heart
3. Boosts Brain Health
4. Helps You Lose Weight
5. Fights Cancer

Multiple studies show apples are good for your ticker in multiple ways. Their high fiber content has been shown to help improve cholesterol levels (lowering bad LDL cholesterol and increasing good HDL cholesterol), according to researchers from Florida State University. A review of data from three major studies also found that people who ate whole fruits-including apples-were less likely to develop high blood pressure. And the Women's Health Study showed that women who ate apples over the seven-year study period had up to a 22 percent reduced risk of heart disease. Finally, a Dutch study found that eating apples and pears was associated with a 52 percent lower risk of stroke-thanks to their high fiber and a flavonoid called quercetin.

<http://www.eatingwell.com/article/17769/5-health-benefits-of-an-apple/>  
<https://www.besthealthmag.ca/best-eats/nutrition/health-benefits-apples/>

### Apple Coffee Cake with Crumble Topping and Brown Sugar Glaze

Recipe from Emeril Lagasse



#### Cake:

- 1 stick plus 2 teaspoons unsalted butter
- 1 1/2 cups packed light brown sugar
- 2 large eggs
- 2 cups all purpose flour
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1 cup sour cream
- 1 teaspoon pure vanilla extract
- 2 cups peeled, cored and chopped apples

#### Crumble Topping:

- 1/2 cup packed light brown sugar
- 1/2 cup all purpose flour
- 1/2 teaspoon ground cinnamon
- 4 tablespoons unsalted butter, softened

#### Brown Sugar Glaze:

- 1/2 cup packed light brown sugar
- 1/2 teaspoon vanilla extract
- 2 tablespoons water

#### Directions:

1. Preheat the oven to 350 degrees F. Lightly grease a 13 by 9 inch glass baking dish with 2 teaspoons of the butter.
  2. In a large bowl, cream together the remaining stick of butter and sugar until light and fluffy. Add the eggs 1 at a time, beating after the addition of each. In a separate bowl or on a piece of parchment, sift together the flour, baking soda, cinnamon and salt. Add to the wet ingredients, alternating with the sour cream and vanilla. Fold in the apples. Pour into the prepared baking dish, spreading out to the edges.
  3. To make the topping, in a bowl, combine the sugar, flour, cinnamon and butter, and mix until it resembles coarse crumbs. Sprinkle the topping over the cake and bake until golden brown and set, 35 to 40 minutes. Remove from the oven and let cool on a wire rack for at least 10 minutes.
  4. To make the glaze, in a bowl, combine the sugar, vanilla, and water and mix until smooth. Drizzle the cake with the glaze and let harden slightly. Serve warm.
- <https://www.foodnetwork.com/recipes/apple-coffee-cake-with-crumble-topping-and-brown-sugar-glaze-3645205>



## Cooking



**OCT 8th**

# Halloween Cooking Class

COME LEARN HOW TO MAKE SOME  
**SPOOK-TACULAR HALLOWEEN TREATS**


Tuesday October 8th  
@11:15 am | \$1 Donation

## Halloween Party




YOU'RE INVITED TO A  
**HALLOWEEN PARTY**

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**OCTOBER 31st 2019**  
**@11:15**



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By Dan Reiner | 7.4.2019

### Independence Doesn't Mean Going It Alone

Doing things for ourselves makes us proud. For our whole lives, we're told to work hard, try new things and stay busy. This is all part of how we demonstrate our personal independence. But as we age, our bodies (and budgets) change. Our understanding of independence must change along with them. 80% of Americans aged 65 or older have at least one chronic condition. A majority of us are worried about whether we'll have enough money to last through retirement. These issues affect our wallets, our routines and sometimes our ability to enjoy what makes us happy. In short, they threaten our independence.

It's okay to admit that it is intimidating! Acknowledging these concerns to ourselves gives us clear goals. Expressing these concerns to our loved ones puts us on a path to preserving our independence with people we trust. Knowing we have help makes all of aging's twists and turns easier to navigate.

### Asking for help isn't weakness

Help comes in many forms. Maybe a friend recommends a benefits program that makes your budget bigger. Your grandchild might do your shopping when you're unable to. Or perhaps your doctor proactively suggests a tai chi class to build your strength and balance. Each of these things would protect your independence, but be honest: would you react to each one the same way? It's worth considering why. Set yourself up for success by knowing who you're comfortable with asking for help. Encourage yourself to ask more often. Learn about things you're dealing with now *and* things you might face later. All that work results in more independence down the road, even if it looks a little different than you might have imagined years ago.

### Celebrate your age

NCOA President and CEO James Firman once said: *You can have a great old age, but you need to work at it. Luck and genes are a contributing factor, but you can greatly increase your odds of living long and well by learning the art and science of longevity and by cultivating daily habits like mindfulness, regular exercise, watching what you eat, being kind to others and constantly learning and growing.*

Independence as we age is found in the new kinds of choices we can make each day. It's in the differences we choose to make in our communities. It's in the ways we use our life experience. It's in the ways we use our time. That's as exciting as any fireworks show.

#### About HEAT

The Home Energy Assistance Target (HEAT) Program helps families in Cache, Rich, and Box Elder Counties manage their utility costs during the winter. HEAT is a federal program administered by the State of Utah and offers assistance to residents from Nov. 1 to March 31 unless funds run out early. You can schedule an appointment, please call one of the following numbers:

In Box Elder County – (435) 723-1116  
In Cache County – (435) 713-1444



## New FREE Class

### Stepping On: Building Confidence, Reducing Falls

*The Stepping On Program is a research proven method to reduce falls in older adults.*

**Who:** 55 and older  
Lives at home  
Does not have dementia

**Where:** Cache County Senior Center  
240 North 100 East  
Logan, UT 84321

**When:** Tuesdays  
Oct 8, 2019 - Nov 19, 2019  
10:00 AM - 12:00 PM

Call 435.792.6507 to register.  
Enter through Health  
Promotion/Substance Abuse  
doors for classroom 153/154.

What you will learn:

- Simple and fun balance and strength training.
- The role vision plays in keeping your balance.
- How medications can contribute to falls.
- Ways to keep from falling when out in your community.
- What to look for in safe footwear.
- How to eliminate fall hazards from your home.



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# OCTOBER 2019



**Monday**

**Tuesday**

**Wednesday**



**1**  
**10:30 Fall Trip/Out to Lunch**  
**Bunch to Maddox**

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

**1:00 Movie: What's Up Doc?**  
**1h34m**

**2**

**8:30 Commodities**

**8:30 Sit and Be Fit w/ Darrell**

**12:15 Lunch and Learn: Have the**  
**Opioid Talk with BRHD**

**1:30 Cribbage**



**7**

**10:00 Living Well with Diabetes**

**1:00 Needle Work Group**

**8**

**10:00 Stepping On Class**

**11:15 Cooking Class**

**1:00 Movie: Benny and Joon 1h38m**

**9**

**8:30 Sit and Be Fit w/ Darrell**

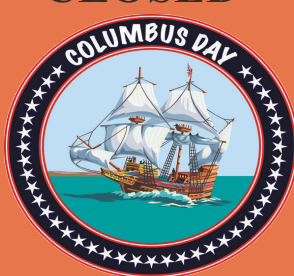
**12-4 AARP Driver Safety Course**

**1:00 Book Club**

**1:30 Cribbage**

**14**

**CLOSED**



**15**

**9:30 Music Class w/ CCID**

**10:00 Stepping On Class**

**10:45 International Potluck Day**

**1:00 Movie: The Man Who Knew**  
**Too Much 2h**

**16**

**8:30 Sit and Be Fit w/ Darrell**

**11:15 Craft with Sarah**

**1:00 Foot Clinic by Sunshine**  
**Terrace—Charge of \$10.00**

**1:30 Cribbage**

**21**

**10:00 Pumpkin Walk**

**10:00 Living Well with Diabetes**

**12:15 L&L: Reeds Pharmacy-Ask a**  
**Pharmacist**

**12:30 Back to the Future Jeopardy!**

**1:00 Needle Work Group**

**1:00 Movie: Back to the Future**

**22**

**10:00 Stepping On Class**

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

**1:00 Movie: Fried Green Tomatoes**  
**2h17m**

**23**

**8:30 Sit and Be Fit w/ Darrell**

**1:00 Photography Class**

**1:30 Cribbage**

**28**

**10:00 Damon's Poker Party**

**10:00 Living Well with Diabetes**

**1:00 Needle Work Group**

**4:00 Diabetes Class by BRHD**



**29**

**10:00 Internet 101**

**10:00 Stepping On Class**

**1:00 Movie: Wait Until Dark 1h48m**

**30**

**8:30 Sit and Be Fit w/ Darrell**




**1:00 Sewing Class**

**1:30 Cribbage**



# OCTOBER 2019

## Daily Activities

Thursday	Friday
<p>3</p> <p>10:30 Writers Group</p> <p>10:30 Cards w/CNS</p> <p>1:00 Documentary: The Penguin Counter 1h47m</p> <p>1:00 Sewing Class</p> <p>5:30 Tai Chi 24</p>	<p>4</p> <p>8:30 Sit and Be Fit w/ Darrell</p> <p>10-12 Blood Pressure</p> <p>12:15 Lunch and Learn: Stepping On with Emily Jukes from BRHD</p> <p>1:00 Movie: Batteries Not Included 1h47m</p>
<p>10</p> <p>10:30 Writers Group</p> <p>11:00-12:30 Flu shots– Reeds Pharmacy</p> <p>11:00 Yoga Class</p> <p>1:00 Documentary: This Ain't No Mouse Music 1h31m</p> <p>5:30 Tai Chi 24</p>	<p>11</p> <p>8:30 Sit and Be Fit w/ Darrell</p> <p>10-12 Blood Pressure</p> <p>12:15 Lunch and Learn: Jordan from Aqua Works</p> <p>1:00 Movie: Harry and The Hendersons 1h5m</p> <p>7:00-8:00 Community Drumming</p>
<p>17</p> <p>10:30 Writers Group</p> <p>12:15 Music by Sherrid Peterson</p> <p>1:00 Non Denominational Bible Study</p> <p>1:00 Documentary: Blue Angels: Around the World at the Speed of Sound 2h9m</p> <p>5:30 Tai Chi 24</p> 	<p>18</p> <p>8:30 Sit and Be Fit w/ Darrell</p> <p>10-12 Blood Pressure</p> <p>1:00 Movie: Edward Scissorhands 1h40m</p> 
<p>24</p> <p>10:30 Writers Group</p> <p>11:00 Yoga Class</p> <p>1:00 Red Hat Activity– Witches Convention</p> <p>5:30 Tai Chi 24</p>	<p>25</p> <p>8:30 Sit and Be Fit w/ Darrell</p> <p>10-12 Blood Pressure</p> <p>10:30 Frankenstein Bingo</p> <p>10:30 Nails with Symbii</p> <p>12:15 Lunch and Learn: Sepsis Awareness w/IHC</p> <p>1:00 Movie: Hocus Pocus 1h36m</p>
<p>31</p> <p>10:30 Writers Group</p> <p>11:15 Halloween Party</p> <p>1:00 Movie: Little Shop of Horrors 1h34m</p> <p>5:30 Tai Chi 24</p> 	

<p><u>Monday</u></p> <p>8:30 sit n be fit/Darrell</p> <p>8:30 Quilting</p> <p>8:30 Pool Table Room</p> <p>9:10 Line Dancing</p> <p>9:15 Breakfast Club</p> <p>10:15 Tai Chi</p> <p>11:15 Sit-n-be-fit/ Pickle Ball</p> <p>12:30 Jeopardy</p> <p>12:30 Bridge</p>
<p><u>Tuesday</u></p> <p>8:30 Fitness Room</p> <p>8:30 Quilting</p> <p>8:30 Pool Table Room</p> <p>8:30 Ceramics</p> <p>9-12 Painting Group</p> <p>9:30 Wii Bowling</p> <p>1:00 Movie</p>
<p><u>Wednesday</u></p> <p>8:30 sit n be fit/Darrell</p> <p>8:30 Quilting</p> <p>8:30 Pool Table Room</p> <p>9:10 Line Dancing</p> <p>10:15 Tai Chi</p> <p>10:30 Bingo</p> <p>11:15 Sit-n-be-fit/ Ping Pong</p> <p>12:30 Bridge</p> <p>1:00 Bobbin Lace</p>
<p><u>Thursday</u></p> <p>8:30 Fitness Room</p> <p>8:30 Quilting</p> <p>8:30 Pool Table Room</p> <p>9-12 Painting Group</p> <p>9:15 Clogging</p> <p>9:30 Wii Bowling</p> <p>10:00 Mahjong</p> <p>2:00 Spanish 101</p> <p>4:30 pm Knotty Knitters</p> <p>5:00 pm TOPS</p>
<p><u>Friday</u></p> <p>8:30 sit n be fit/Darrell</p> <p>8:30 Quilting</p> <p>8:30 Pool Table Room</p> <p>9:10 Line Dancing</p> <p>9:15 Adult Coloring</p> <p>10:15-10:45 Seated Tai Chi</p> <p>10:30 Bingo</p> <p>11:00 Pickle Ball</p> <p>11:15 Sit-n-be-fit</p> <p>12:30 Bridge</p> <p>1:00 Movie</p>

# Scams and Fraud Concerns



By Brandy  
Bauer | 8.1.2019

## 4 Tips to Stop Scammers Now

Whether it's a telephone call from a government impostor or a promise of free medical equipment, scam artists continue to target older adults in an attempt to get rich quick. The U.S. Senate Special Committee on Aging notes that current estimates suggest [older Americans lose \\$2.9 billion each year](#) to financial scams.

But you don't need to be the next victim. Here are four tips to help detect and prevent financial exploitation.

### 1. Hang up on government impostors

It starts with a call from someone claiming to be from the IRS, or Social Security or Medicare. Maybe the telephone number even matches the toll-free number for these agencies, or comes from a Washington, DC area code (202).

The caller tells you that your account is locked. Or they say you need to provide some information to get a refund or service, like your Social Security benefits reinstated. Or that you face possible arrest for unpaid taxes. It may be scary—but so is losing money to these fraudsters. The Federal Trade Commission (FTC) notes that since 2014, [Americans have lost over \\$450 million to government impostor scams](#), with those aged 80 and over losing the most—a median \$2,700. The best way to avoid these scams is to not accept calls from unknown sources. Also, don't call back numbers you don't recognize if they have not left a message. If you do accept one of these calls, hang up immediately if you suspect it is a scam. A big red flag is if the caller requests payment via gift card or wire transfer or threatens arrest for non-payment. Be sure to report the call to your local law enforcement or [register a complaint with the FTC](#).

### 2. Don't accept offers of "free" medical equipment or tests

**Medicare covers a range of preventive services and durable medical equipment (DME) at no/low cost to beneficiaries. But it's important to remember that there are rules for receiving these services, and you should only accept them from trusted providers.**

The Office of the Inspector General (OIG) of the U.S. Department for Health & Human Services reports that advertisement of free orthotics [continues to be a popular scam](#) targeting people with Medicare. Fraudsters may:

- Call you directly to offer a neck/back brace
- Send a postcard to your address with a toll-free number to call and place an order or
- Advertise on television or radio to encourage you to

order Medicare-covered braces by calling the phone number provided.

Similarly, scammers are exploiting seniors' worries about dementia, cardiovascular disease and cancer to offer Medicare-covered genetic testing.

In both scenarios, the scammers obtain your personal information and Medicare number, which can be used to steal your identity and bill Medicare for thousands of dollars. While you may receive a back brace, test swab kit, or genetic report in exchange, these products will not be of the quality that you would receive from a DME provider or genetic specialist.

If you suspect this or other types of Medicare fraud, [report it to your state Senior Medicare Patrol](#). In our office that is Giselle or Colby.

### 3. Check your Medicare Summary Notice

Relatedly, your Medicare Summary Notice (MSN) is a critical tool in combatting scams. The MSN is a notice that Medicare sends to beneficiaries every three months that explains what services and providers billed Medicare on your behalf, what Medicare paid them, and any amount you might owe. (If you don't receive any services or medical supplies during that 3-month period you won't get an MSN then.)

Be sure to check your MSN regularly to identify any suspicious activity, such as a bill for equipment you didn't receive or from an unfamiliar provider. Contact 1-800-MEDICARE or your Senior Medicare Patrol if you do spot something awry.

### 4. Protect your identity

Anyone can become the victim of a data breach or hacking, even if you safeguard your personal information. Once scammers have your sensitive information, they can use it to open new lines of credit, file fake tax returns and more. There are several steps you can take to protect yourself, from freezing your credit to setting up alerts and monitoring your accounts. The Office of Older Americans at the Consumer Financial Protection Bureau (CFPB) has published the guide, *Protect Your Identity: What Older Adults Should Know*, which includes helpful tips and can be downloaded or ordered from their site.

If you suspect you've already been a victim of identity theft, the FTC has tools at [IdentityTheft.gov](http://IdentityTheft.gov) that allow you to report a theft and make a recovery plan.



# The Pumpkin Walk

Come join us on Monday, October 21st @ 10 am for a trip to the pumpkin walk. Please sign up at the front desk so we can know who is coming.

You can either meet us there or ride in the bus with us for \$2.00



*The North Logan*

# PUMPKIN WALK

# International Potluck

## International Potluck Day



Let's celebrate the culture of those around us. Join us as we taste some traditional dishes and listen to stories from around the world.

**October 15**  
**10:45 am**

If you would like to participate by cooking your traditional food please sign up with Sarah.

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Cache County Senior Center, Logan, UT

C 4C 05-1038

# OCTOBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> <b>Chicken Stuffing Bake</b> Green Beans Mixed Fruit Wheat Roll	<b>2</b> <b>Broccoli Cheese Soup</b> Egg Salad Sandwich Peas and Carrots Strawberry/Banana Salad	<b>3</b> <b>Chicken Lasagna</b> Zucchini & Yellow Squash Apple Crumb Bars Wheat Bread	<b>4</b> <b>Beef Tacos</b> Spanish Rice Tomato Cucumber Salad Pineapple- Coconut Parfait
<b>7</b> <b>Chicken Salad Sandwich</b> Veggie Medley Peach Bread Pudding	<b>8</b> <b>Creamy Cauliflower Soup</b> Peas & Onions Mixed Fruit Brownie	<b>9</b> <b>Tater Tot Casserole</b> Green Beans Peach Cookie	<b>10</b> <b>Creamy White Chili</b> Apple Salad Spiced Pears Cinnamon Roll	<b>11</b> <b>Swedish Meatballs</b> Buttered Noodles Roasted Squash Fruit Cocktail Salad Dinner Roll
<b>14</b> Closed 	<b>15</b> <b>Beef Tips w/ Rice &amp; Gravy</b> Roasted Yellow Squash Apple Salad	<b>16</b> <b>Parmesan Chicken</b> Italian Veggies Ambrosia Salad Breadsticks	<b>17</b> <b>Baked Chicken</b> Scalloped Potatoes Winter Blend Veggies Rye Roll Orange Fluff	<b>18</b> <b>Turkey Tetrazzini</b> Buttered Noodles Pineapple Orange Salad French Bread
<b>21</b> <b>Corn Chowder</b> Tossed Salad Apricots Cheese Biscuit	<b>22</b> <b>Chicken Teriyaki</b> White Rice Pineapple-Coleslaw Fresh Fruit	<b>23</b> <b>Baked Ziti</b> Italian Blend Veggies Raspberry Parfait	<b>24</b> <b>Chicken Pot Pie</b> Collard Greens Warm Spiced Apples	<b>25</b> <b>Taco Casserole</b> Chuck Wagon Corn Green Salad Applesauce Cornbread
<b>28</b> <b>Fish &amp; Chips</b> Roasted Vegetables Tapioca Pudding Pineapple Chunks	<b>29</b> <b>Chicken Tortilla Soup</b> Black Bean Salad Tropical Fruit Tres Leches Cake	<b>30</b> <b>Beef Stroganoff</b> Capri Vegetables Pears Roll	<b>31</b> <b>Bloody Meat Loaf</b> Mummy Mashed Potatoes Creepy Carrots Eyeball Grape 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.



## Craft

# CRAFT

with  
**Sarah**

**October 16th**  
AT 11:15 AM



## Out to Lunch Bunch Field Trip



Do you want delicious food and a great view? Then come to our Out to Lunch Bunch on Tuesday October 1st @ 10:30 am. We will be taking the scenic canyon route, with lots of falling leaves, to Maddox for some yummy food.

Sign up at the front desk to reserve your spot! The price for the bus will be \$3.00.



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# Take Control of Your Health: 6 Steps to Prevent a Fall

Every **11 seconds**, an older adult is seen in an emergency department for a fall-related injury.

Many falls are preventable.

Stay safe with these tips!

- 1** Find a good balance and exercise program  
 Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.
 
- 2** Talk to your health care provider  
 Ask for an assessment of your risk of falling. Share your history of recent falls.
 
- 3** Regularly review your medications with your doctor or pharmacist  
 Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.
 
- 4** Get your vision and hearing checked annually and update your eyeglasses  
 Your eyes and ears are key to keeping you on your feet.
 
- 5** Keep your home safe  
 Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.
 
- 6** Talk to your family members  
 Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.
 



To learn more, visit [ncoa.org/FallsPrevention](http://ncoa.org/FallsPrevention).

NATIONAL COUNCIL ON AGING

NCOA.org  
 @NCOAging

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## National Check Your Meds Day – October 21, 2019

National Check Your Meds Day, observed each October 21st and sponsored by the National Community Pharmacists Association, prompts consumers to bring their prescriptions to their local pharmacists for review. Pharmacists can remove any prescriptions that have expired, update prescriptions as necessary and answer consumer questions. If nothing else, it's a rare chance for consumers to get free medical advice.

## Mental Illness Awareness Week

October 6 to 12, 2019

Mental illness awareness week is held the first full week of October, when organizations like the National Alliance on Mental

Illness (NAMI) join others to educate society about the prevalence of mental illness and to provide support for those in need. This year, NAMI's theme is CureStigma.

“We believe that mental health conditions are important to discuss year-round, but highlighting them during Mental Health Awareness Week provides a dedicated time for mental health advocates across the country to come together as one unified voice,” is the message NAMI emphasizes on its website. Other groups, like Mental Health American and the National Eating Disorder Association, join the chorus to shine a spotlight on just how many people are suffering and how communities, neighbors and civic leaders can identify the signs of mental illness, as well as what they can do help those in need.

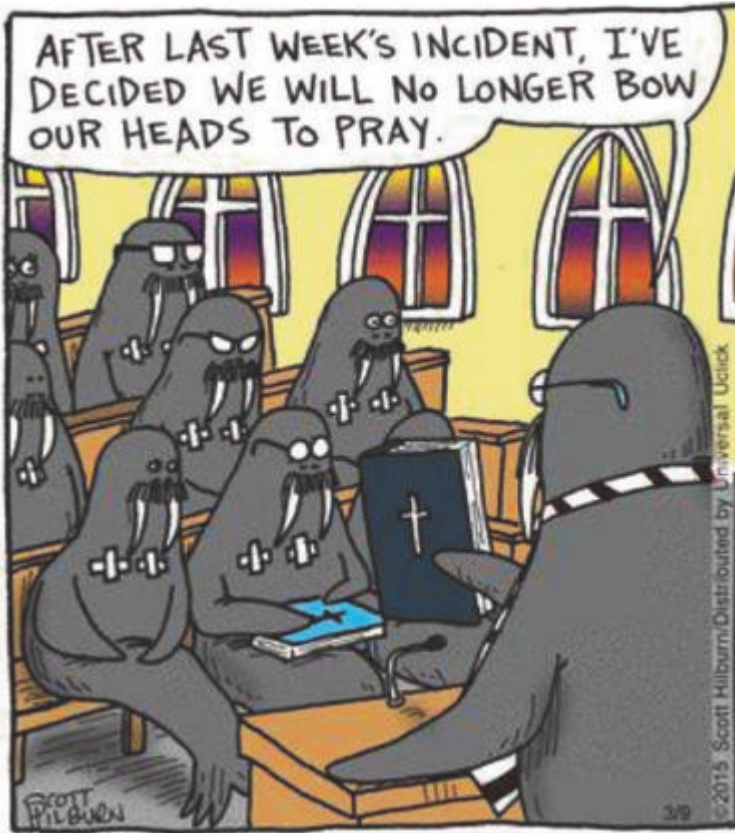


## National Depression Screening Day

October 10, 2019

Though it's often underreported, major depression is the leading cause of disability in the United States. Anyone who has experienced the symptoms of depression or has had a loved one that suffered through it understands how this condition affects not just the victim, but also everyone else around them.





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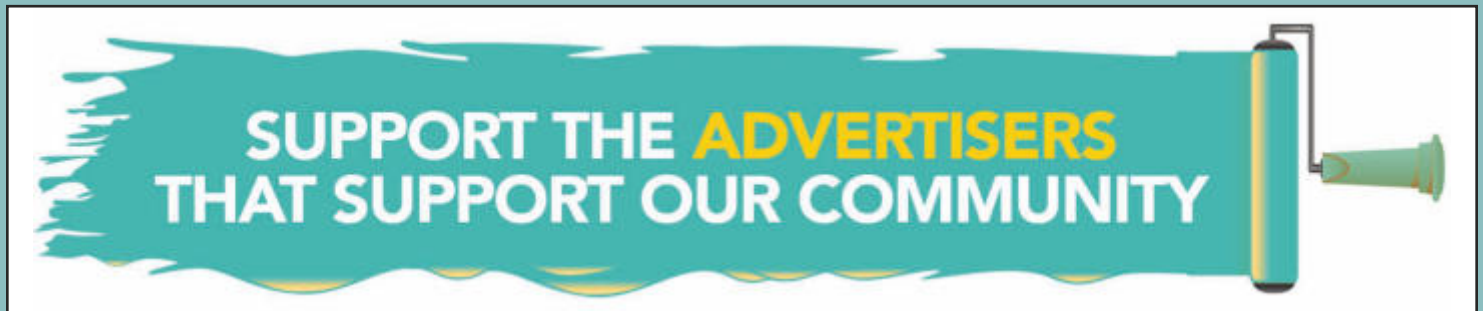
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◀ **Joan Lunden**, journalist, best-selling author, former host of *Good Morning America* and senior living advocate.

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# MEDICARE

## Medicare-covered preventive services

If you have Original Medicare, you pay no coinsurance or deductible for certain preventive services if you see a doctor who participates in Medicare. Medicare Advantage Plans must also cover the full cost for these services as long as you follow the plan's rules. Call your plan for details.

You may have costs for some of these preventive services if your doctor makes a diagnosis during the service or does additional tests or procedures. For example, if your doctor removes a polyp during a colonoscopy, the colonoscopy will be considered diagnostic and costs may apply.

### Services Original Medicare covers without a deductible or coinsurance

Abdominal aortic aneurysm (AAA)	Once in a lifetime <b>ultrasound screening</b> if you are at risk for AAA and receive a referral from your provider.
Alcohol misuse screening and counseling	An annual screening, and up to four brief counseling sessions every year if your provider determines that you are misusing alcohol. You do not need to show signs or symptoms of alcohol abuse to qualify for screening.
Annual Wellness Visit (AWV)	An annual appointment with your primary care provider (PCP) to create or update a personalized prevention plan. This plan may help prevent illness based on your current health and risk factors. Not a head-to-toe physical. You cannot receive your AWV within the same year as your Welcome to Medicare preventive visit.
Breast cancer screenings	An annual <b>mammogram screening</b> for women age 40+ and one baseline mammogram for women age 35-39.  A <b>breast examination</b> once every 24 months for all women. You may be eligible for an exam every 12 months if Medicare considers you at risk.
Cervical cancer screenings	A <b>pap smear</b> and <b>pelvic examination</b> once every 24 months for all women. You may be eligible for an exam every 12 months if Medicare considers you at risk.
Colorectal cancer screenings	<b>Fecal occult blood test:</b> once every 12 months if you are age 50+  <b>Colonoscopy:</b> once every 24 months if Medicare considers you at high risk



## Back to the Future Jeopardy



It's a 1985 fantasy/sci-fi classic that grossed nearly \$400 million worldwide! Now, throw on your Nikes, pop in a VHS and rev up your time traveling car

because October 21st is Back to the Future Day. We will celebrate this day starting first with Jeopardy!

First celebrated in 2015 (that's the year that Marty McFly and Doc Brown time-traveled to, in Back to the Future Part II).

Back to the Future Day is a fun way to celebrate your past and get excited for your future.

## Back to the Future Jeopardy

**October 21st  
12:30**

## Back to the Future Day: Movie

# BACK TO THE FUTURE



**Movie Day  
October  
21st  
1:00 pm.**

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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





# Senior Fun

