

Cache County Senior Center

March 2020

Photo by Mike Bullock

March 4 @ 8:30 am Commodities Pickup

Lunch and Learn: 12:15

Wednesday 3/4 Estate
Planning for Peace

Friday 3/13 National
Nutrition Month with
Natural
Grocers: Veggies!

Friday 3/27 Veterans
Benefits with Deborah
Crowther from BRAG

Lawyer will be here
Wednesday: March 4th –
1 pm– 4pm: By apt. only

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.

Spring is here! Has this winter felt long to you? I know we had a surprise snow fall here in February and most of the patrons that I have spoken with have anxiously been waiting for warmer weather. Isn't that what makes spring so lovely; to see regrowth, to see mother earth wake up from her sleep and to experience the sun on our skin again. I hope the warmer weather gives you a heightened energy and sense of discovery as you contemplate the variety of classes we offer at the Senior Center.

Perhaps it's time to join one of the many exercise classes, or be inspired to begin a new hobby such as painting, writing or dancing, or improve skills you already possess. Is it finally time to learn more about computers, or how to navigate the internet? This center offers a stimulating array of classes with outstanding instructors! Our center is a place where seniors can gather to meet friends for coffee, enjoy a sweet dessert, attend educational lectures or participate in fitness classes. There are interest clubs and games such as pool, mahjong, bridge etc. You are welcome to stay for lunch and enjoy a educational topic at our monthly Lunch and Learn events, this and much, much more are here for you to enjoy! Be sure to check out the activity calendar for all upcoming events.



Nutrition News



Bananas are rich in fiber, antioxidants and several nutrients. A medium-sized banana has about 105 calories.

Bananas can help moderate blood sugar levels after meals and may reduce appetite by slowing stomach emptying.

Bananas are fairly rich in fiber and resistant starch, which may feed your friendly gut bacteria and safeguard against colon cancer.

Bananas may aid weight loss because they're low in calories and high in nutrients and fiber.

Bananas are a good dietary source of potassium and magnesium — two nutrients that are essential for heart health.

Bananas are high in several antioxidants, which may help reduce damage from free radicals and lower your risk of some diseases.

Depending on ripeness, bananas harbor high amounts of resistant starch or pectin. Both may reduce appetite and help keep you full.

Unripe bananas are a good source of resistant starch, which may improve insulin sensitivity. However, more research is needed.

Eating a banana several times a week may reduce your risk of kidney disease by up to 50%. Bananas may help relieve muscle cramps caused by exercise. They also provide excellent fuel for endurance exercise.

<https://www.healthline.com/nutrition/11-proven-benefits-of-bananas>

Good Things To Eat

Janet's Rich Banana Bread

Recipe By: vjonsson



Ingredients

- 1/2 cup butter, melted
- 1 cup white sugar
- 2 eggs
- 1 teaspoon vanilla extract
- 1 1/2 cups all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup sour cream
- 1/2 cup chopped walnuts
- 2 medium bananas, sliced

Directions

1. Preheat oven to 350 degrees F (175 degrees C). Grease a 9x5 inch loaf pan.
2. In a large bowl, stir together the melted butter and sugar. Add the eggs and vanilla, mix well. Combine the flour, baking soda and salt, stir into the butter mixture until smooth. Finally, fold in the sour cream, walnuts and bananas. Spread evenly into the prepared pan.
3. Bake at 350 degrees F (175 degrees C) for 60 minutes, or until a toothpick inserted into the center of the loaf comes out clean. Cool loaf in the pan for 10 minutes before removing to a wire rack to cool completely.

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Dr. Seuss Birthday Party

Join us to celebrate



Dr. Seuss

Birthday Party

GAMES - FOOD - BOOKS - FUN!

March 2nd 10am

Bingo Brunch



Join us for

BINGO BRUNCH

to celebrate

INTERNATIONAL WAFFLE DAY

Wednesday, March 25th
@10:30 AM



Jasen Nordberg
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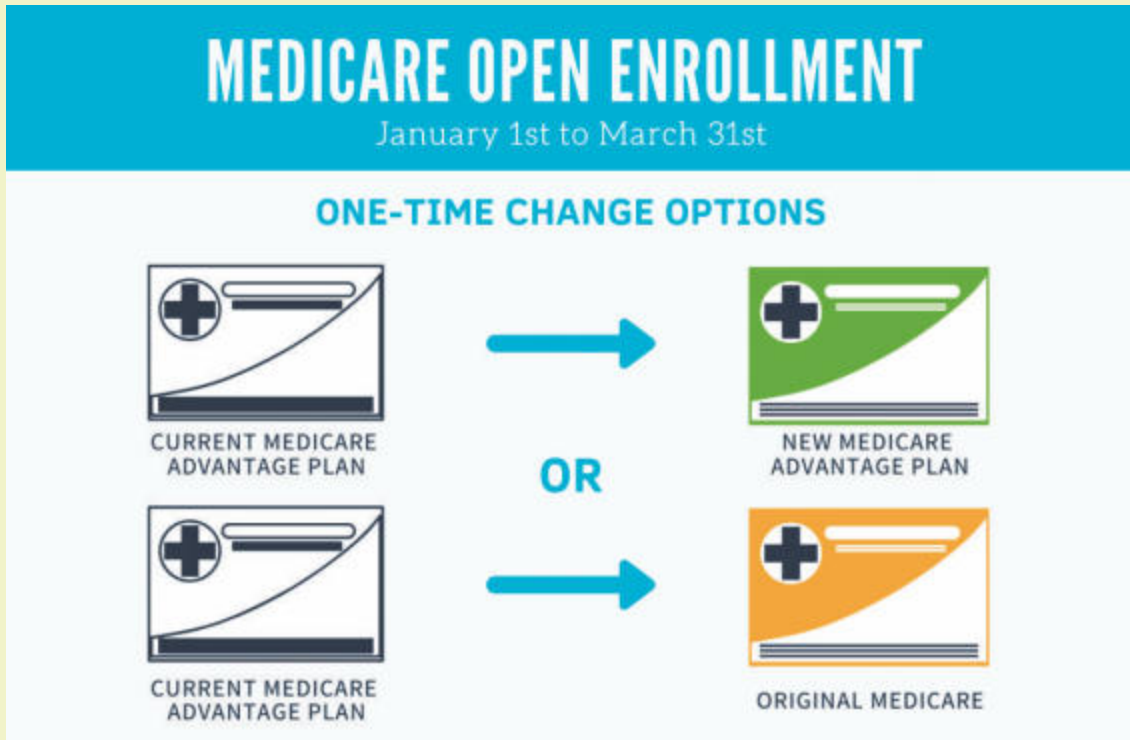
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Medicare

Did you know that right now, people who are not satisfied with their Medicare Advantage Plan can switch to Original Medicare or to another Advantage Plan? The Medicare Advantage Open Enrollment Period runs from January 1 to March 31 each year. Read on to learn more!



Dear Marci,
I'm not satisfied with my Medicare Advantage Plan, and I'd like to switch either to another plan or go back to Original Medicare. When is it permissible for me to make a change?

There are several conditions and time periods under which you can change your Medicare Advantage Plan.

If you want to switch from one Medicare Advantage Plan to another, you can switch plans during Fall Open Enrollment, which runs from October 15 to December 7 each year, with your new coverage taking effect on January 1. Research shows that people with Part D or Medicare Advantage Plans could lower their costs by shopping among plans each year. For example, a plan in your area may cover the drugs you take with fewer restrictions and charge you less.

Each fall, your Medicare Advantage Plan should send you an Annual Notice of Change (ANOC) or Evidence of Coverage (EOC) notice explaining any plan changes for the coming year. Review this notice to

understand your plan's costs, covered services, and rules. If you choose a new Medicare Advantage Plan, review the costs associated with that plan for the coming year.

You may want to check the availability of plans in your area by calling 1-800-MEDICARE or going to Medicare Plan Finder (www.medicare.gov/find-a-plan). You will be able to compare plans by their quality ratings stars and find other data about plans. Once you select a plan that meets your health care coverage needs, it is a good idea to reach out to the plan to verify that the costs and coverage data you researched is current.



Medicare

If you find that you are not satisfied with your Medicare Advantage Plan (whether or not you enrolled in a new plan during Fall Open Enrollment), you can disenroll from that plan and switch to Original Medicare during the Medicare Advantage Disenrollment Period. This period runs from January 1 to February 14 each year. Changes made during this period are effective the first of the following month. For example, if you switched from a Medicare Advantage Plan to Original Medicare and a stand-alone Part D plan on February 10, your new coverage would begin March 1.

Dear Marci is a free e-newsletter from the Medicare Rights Center (www.medicarerights.org), the nation's largest independent source of information and assistance for people with Medicare. For more free answers to your Medicare questions, visit Medicare Interactive (MI) at www.medicareinteractive.org. Subscribe to Dear Marci by registering for your free account.

Daylight Savings

SPRING FORWARD

Remember to set your clocks **AHEAD** one hour on Saturday night,

March 8th



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March 2020

Monday	Tuesday	Wednesday
<p>2</p> <p>10:00 Dr. Seuss Birthday Party</p>  <p>1:00 Needlework Group</p>	<p>3</p> <p>1:00 Foot Clinic by Integrity Home Health—Charge of \$15.00</p> <p>1:00 Movie: Fitzwilly 1h 42min</p>	<p>4</p> <p>8:30 Commodities 8:30 Sit and Be Fit w/ Darrell 12:15 Lunch and Learn: Estate Planning for Peace</p> <p>1:00 Lawyer Appointments</p> <p>1:30 Cribbage</p>
<p>9</p> <p>9:30 Living Well with Chronic Conditions</p> <p>10:30 Poker with ComforCare</p> <p>1:00 Needle Work Group</p>	<p>10</p> <p>11:15 Craft with Special Host: Sandra Hancock</p> <p>1:00 Movie: Phantom of the Opera 2h23m</p> 	<p>11</p> <p>8:30 Sit and Be Fit w/ Darrell</p> <p>12-4 AARP Driver Safety Course</p> <p>1:00 Book Club</p> <p>1:30 Cribbage</p>
<p>16</p> <p>9:30 Living Well with Chronic Conditions</p> <p>10:45 Out to Lunch Bunch: National Panda Day: Panda Express</p>  <p>1:00 Needle Work Group</p>	<p>17</p> <p>9:30 Music Class w/ CCID</p> <p>11:15 Cooking Class –Leprechaun Bait</p> <p>1:00 Movie: The Legend of Longwood 1h38m</p>	<p>18</p> <p>8:30 Sit and Be Fit w/ Darrell</p> <p>1:00 Foot Clinic by Sunshine Terrace—Charge of \$10.00</p> <p>1:30 Cribbage</p>
<p>23</p> <p>9:30 Living Well with Chronic Conditions</p> <p>1:00 Needle Work Group</p>	<p>24</p> <p>1:00 Foot Clinic by Integrity Home Health—Charge of \$15.00</p> <p>1:00 Movie: What Did You Do In The War Daddy? 1h56m</p>	<p>25</p> <p>8:30 Sit and Be Fit w/ Darrell</p> <p>10:30 Bingo Brunch National Waffle Day</p> <p>11:00 Photography Class</p>  <p>1:30 Cribbage</p>
<p>30</p> <p>9:30 Living Well with Chronic Conditions</p> <p>1:00 Needle Work Group</p>	<p>31</p> <p>1:00 Movie: The Patsy 1h41m</p> 	

March 2020

Daily Activities

Thursday

Friday

5
10:30 Writers Group

10:30 Cards w/CNS
11:00 Refit
1:00 Documentary: Armstrong
1h39m

5:30 Tai Chi

6
8:30 Sit and Be Fit w/ Darrell
10-12 Blood Pressure

12:15 National Oreo Cookie Day

1:00 Movie: The Fighting Preacher
1h40m



12
10:30 Writers Group

11:00 Refit
1:00 Documentary: St. Patrick:
Apostle of Ireland 46m

5:30 Tai Chi
5:30 Caregiver Support Group

13
8:30 Sit and Be Fit w/ Darrell
10-12 Blood Pressure
11:00 Pi Day Bingo
12:15 Lunch and Learn: National
Nutrition Month with Natural
Grocers: Veggies!
1:00 Movie: Troop Zero 1h37m
5:30 Community Drumming



19
10:30 Writers Group
11:00 Refit
1:00 Documentary: I am Big Bird:
The Caroll Spinney Story 1h26m
5:30 Tai Chi
5:30 Caregiver Support Group

20
8:30 Sit and Be Fit w/ Darrell

10-12 Blood Pressure

12:15 Logan High Choir

1:00 Movie: Finding your Feet
1h51m



26
10:30 Writers Group

11:00 Refit

1:00 Red Hat Activity

5:30 Tai Chi
5:30 Caregiver Support Group

27
8:30 Sit and Be Fit w/ Darrell

10-12 Blood Pressure
12:15 Lunch and Learn: Veterans
Benefits with Deborah Crowther
from BRAG
1:00 Movie: An Inspector Calls
1h26m



- Why did the leprechaun climb over the rainbow? To get to the other side!
- What do you call a leprechaun who broke the law? A lepre-con!

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

How the New Robocall Law Would Protect Consumers

Scammers would be easier to identify, though the number of calls may not decline much at first

By Octavio Blanco
Last updated: December 31, 2019



Consumers now have more protections against robocalls, but it could take awhile for the number of intrusive calls to decline significantly.

The so-called TRACED Act, which was signed into law by

President Trump on Tuesday, should make it easier for consumers to identify robocalls so that they can avoid answering them.

The legislation requires telecom carriers to implement, at no extra charge, a number-authentication system to help consumers identify who's calling. It also increases penalties for robocallers who flout the law. However, it didn't clarify what constitutes consumer consent to receive the calls.

Robocall Fight Is Far From Over

The advocates and the industry agree that there's still work to be done before the robocall problem is fully resolved. "With all the important new protections this bill gives consumers from unwanted and abusive robocalling, the final bill is also a missed opportunity to give them other needed protections," says CR's Mahoney. The bill omits some protections that had been included in the previous House version of the bill, such as a mandate to clarify the consumer consent requirement. Without that clarification of how a consumer is supposed to give or withdraw consent, robocallers will exploit these protection gaps, the advocates say.

"We will continue to work with Congress and the FCC to get consumers all the protections they need. Still, we are very glad Congress is taking these steps, and we look forward to helping see that these new protections are fully implemented," Mahoney says.

Spoofed Calls Meet Their Match

The TRACED Act, which will take effect in 2020, should help chip away at the robocall problem, especially the STIR/SHAKEN authentication system that combats spoofed numbers by using digital fingerprints, or tokens to help determine whether the number from which a call is placed is the same as the

number that shows up on Caller ID.

Spoofed calls are those in which scammers mask their identity by changing the number that is displayed on a caller ID.

Tier 1 carriers such as AT&T, T-Mobile and Verizon have all begun rolling out STIR/SHAKEN, and many consumers may have already noticed that their phones now alert them to calls from numbers that seem suspicious with labels like "scam likely" or "spam likely." This will continue to improve in the coming months.

Hurdles Remain

However, many smaller carriers haven't yet upgraded their infrastructure to the digital systems needed for STIR/SHAKEN to work. Robocallers could take advantage of numbers without STIR/SHAKEN fingerprints in order to avoid detection.

The Rural Broadband Association (NTCA) says its members, many of which still use old analog technology, are working hard to upgrade to digital but need more time to make the switch and that the costs of going digital are a huge financial and logistical challenge.

"These companies can get a delay, but they still have to implement a robocall mitigation program to prevent originating unlawful robocalls," Mahoney said. "And the Federal Communications Commission (FCC) has to identify alternative effective methodologies to protect consumers from spoofed calls during the delay."

Another issue that still needs to be addressed is international anti-robocall coordination. Many robocall outfits are located overseas, and unless governments can better-align their law enforcement and number authentication standards, robocallers based beyond U.S. borders will continue to make their calls without sufficient interruption.

Continued on Pg. 14

Out to Lunch Bunch



Join us for an

OUT TO LUNCH BUNCH

to celebrate

NATIONAL PANDA DAY

Come to Panda Express on March 16th for some yummy food and even better company. We will be leaving the Senior Center @10:45 and the cost to ride the bus will be \$1. Sign up at the front desk even if you don't need a ride so we know who is coming.

Oreo Day Party



Join us Friday March 6th during lunch to celebrate National Oreo Cookie Day. There will be games, trivia and (most importantly) **Oreos!**

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March 2020

Monday	Tuesday	Wednesday	Thursday	Friday
2 Pulled Pork Sandwich Broccoli Salad Pears Chocolate Dipped Cookie	3 Smothered Chicken Burrito Black Bean Salsa Spanish Rice Pineapple/Orange Delight	4 Lasagna Strawberry & Spinach Salad Italian Vegetable Garlic Bread	5 Turkey Noodle Bake Beet Salad Wheat Roll Peach Pie	6 
9 Sliced Roast Beef Creamed Peas w/ Over Diced Potatoes Pear Strudel Orange Roll	10 Beef Chili w/Beans Mixed Green Salad Lemon Pudding w/ Berries Corn bread	11 Teriyaki Meatballs Fried Rice Brussel Sprouts Mandarin Oranges	12 Club Sandwich Chef Salad Peach Bread Pudding	13 BBQ Shredded Chicken Sandwich Potato Salad Coleslaw Fresh Fruit Cup Chips
16 Loaded Baked Potato Buttered Broccoli Peaches Breadstick	17 Corn Beef & Cabbage Red Potatoes Apricots Lime Dessert Roll	18 Hot Open Faced Turkey Sandwich Mashed Potatoes & Gravy Peas & Carrots Banana Cream Pudding	19 Cheese Omelet Crispy Bacon Veggie Hash Fresh Orange Slices	20 Beef Stroganoff Buttered Noodles Cascade Veggies Fresh Berries & Cream
23 Beef Enchilada Pie Spanish Rice Fiesta Vegetable Blend Tropical Fruit Salad	24 Flank Steak Au Gratin Potatoes Fresh Green Beans Spiced Apples	25 French Toast Sausage Patty Scrambled Eggs Chilled V-8 Juice Fruit & Yogurt	26 Tomato Mac Soup Grilled Cheese Cauliflower Salad Pineapple	27 
30 Beef Chili Dog Baked Beans Coleslaw Apple-Berry Crisp	31 Turkey Stew Caesar Salad Ambrosia Fruit Salad	<div style="border: 2px solid green; padding: 10px;"> <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> </div>		

Lunch is served from 12:00 noon to 1:00 p.m. For those 60+ and their spouse the suggested donation is \$3.00. Don't forget to call in by 3:00 p.m. the day before you eat.

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

Craft with Sandra



A green poster for a craft class. At the top, two pairs of scissors are shown in white outlines. In the center, a white scalloped-edged circle contains the text "CRAFT WITH SANDRA" in blue, bold, sans-serif font. Below this, a white ribbon banner with a scalloped edge contains the text "March 10th @11:15" in a blue, cursive font. At the bottom, white text reads "COME CRAFT WITH US AND OUR SPECIAL GUEST HOST SANDRA HANCOCK. COST WILL BE \$1."

CRAFT WITH SANDRA

March 10th @11:15

COME CRAFT WITH US
AND OUR SPECIAL GUEST
HOST SANDRA HANCOCK.
COST WILL BE \$1.

Cooking Class



A poster for a cooking class with a St. Patrick's Day theme. The background is a green and white checkered pattern. At the top left is a green shamrock, and at the top right is a green leprechaun hat with a black band and a gold buckle. The text "Cooking Class" is written in a large, black, serif font. Below this, a yellow banner contains the text "MARCH 17TH @ 11:15". Underneath, black text reads "Come learn how to make some fun Leprechaun Bait". At the bottom, a black cauldron is filled with gold coins, and a vibrant rainbow arches over it against a white background with sparkling stars.

Cooking Class

MARCH 17TH @ 11:15

Come learn how to make
some fun Leprechaun Bait

Participants Needed For Research Study Paying \$30 in Amazon Gift Cards

Why: To measure leg muscle characteristics and its ability to prevent falls

Who: Male and Female participants between the ages of 18-30 or 55-85

How Long: Two 90 minute sessions on separate days

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Kareem Abubukker: (562) 708-3827

Email: kabubukker@aggiemail.usu.edu

Brennan Thompson: brennan.thompson@usu.edu

Kinesiology and Health Science Department, Utah State University

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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



Dear Marci,

A drug that I need to take is not on my Part D prescription drug plan's formulary. My friend told me that my plan might need to provide me with a transition refill of this prescription. What does this mean?

-Ezra (Portland, OR)

Dear Ezra,

A transition refill, also known as a transition fill, is a one-time, 30-day supply of a drug that you were taking:

Before switching to a different Part D plan (either stand-alone or through a Medicare Advantage Plan) Or, before your current plan changed its coverage at the start of a new calendar year.

Transition fills let you get temporary coverage for drugs that are not on your plan's formulary or that have certain coverage restrictions (such as prior authorization or step therapy).

Transition fills are not for new prescriptions. You can only get transition fills for drugs you were already taking before switching plans or before your existing plan changed its coverage.

The following situations describe when you can get a transition refill if you do not live in a nursing home (there are different rules for transition refills for those living in nursing homes):

Your current plan is changing how it covers a Medicare-covered drug you have been taking.

If your plan is taking your drug off its formulary or adding a coverage restriction for the next calendar year for reasons other than safety, the plan must either:

Help you switch to a similar drug that is on your plan's formulary before January 1

Or, help you file an exception request before January 1, 2020

Or, give you a 30-day transition fill within the first 90 days of the new calendar year along with a notice about the new coverage policy.

Your new plan does not cover a Medicare-covered drug you have been taking.

If a drug you have been taking is not on your new plan's formulary, this plan must give you a 30-day transition refill within the first 90 days of your enrollment. It must also give you a notice explaining that your transition refill is temporary and informing you of your appeal rights.

If a drug you have been taking is on your new plan's formulary but with a coverage restriction, this plan must give you a 30-day transition refill free from any restriction within the first 90 days of your enrollment. It must also give you a notice explaining that your transition refill is temporary and informing you of your appeal rights.

In both of the above cases, if a drug you have been taking is not on your new plan's formulary, be sure to see whether there is a similar drug that is covered by your plan (check with your doctor about possible alternatives) and, if not, to file an exception request. (If your request is denied, you have the right to appeal.)

Note: If you file an exception request and your plan does not process it by the end of your 90-day transition refill period, your plan must provide additional temporary refills until the exception is completed.

Remember: All stand-alone Part D plans and Medicare Advantage Plans that offer drug coverage must provide transition fills in the above cases. When you use your transition fill, your plan must send you a written notice within three business days. The notice will tell you that the supply was temporary and that you should either change to a covered drug or file an exception request with the plan.

-Marci

NEW CLASS

LIVING WELL WITH CHRONIC CONDITIONS

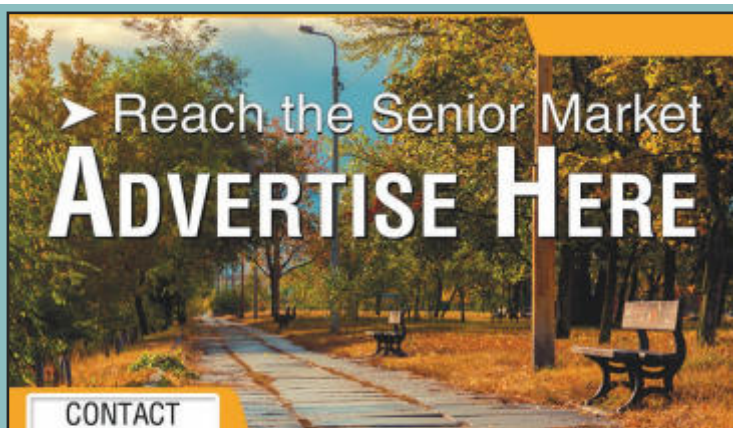
Free Class!

Living with a chronic condition can sometimes be isolating. This free workshop can help you move more, feel less pain, and enjoy life more fully.

Mondays at 9:30
Starting March 9th

This workshop will cover topics like:

- Managing Symptoms
- Problem Solving
- Goal Setting
- Working with your Healthcare Team
- Relaxation & Mindfulness
- Acute vs Chronic Pain
- Exercise & Nutrition
- Handling Difficult Emotions



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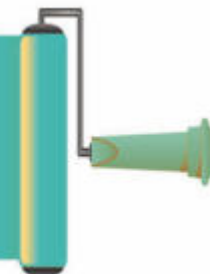
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Fraud and Scams

U.S.-Based Robocallers Easier to Trace

Robocallers based in the U.S. will face tighter scrutiny and penalties. The new consumer protections increase the penalty for intentional robocallers that violate the law, such as telemarketers who call you even if you haven't given them your consent.

Only those telemarketers from companies with whom you have an established relationship, or whom you've given permission to contact you, are allowed to call you. The FCC can now levy civil penalties of up to \$10,000 per call on rogue telemarketers.

And the new call identification technology will also help speed up the time necessary to trace back these calls. The STIR/SHAKEN digital fingerprints can help phone companies more quickly scan their phone networks to identify, investigate and block problem numbers. What used to take months or years can now be done in a matter of minutes.

Consumers will get these authentication and blocking services at no additional line item charge, a requirement that Consumer Reports pushed hard to be included in the law. Plus, the carriers have vowed to better coordinate their efforts with law enforcement.

And law enforcement will have more time to go after robocall scofflaws. Previously, the statute of limitations to prosecute these callers lasted one year, but it often took longer than that to investigate instances of robocall violations. The new legislation has extended that period to four years.

Beyond robocalls, the legislation also directs the FCC to create rules that will help protect subscribers from receiving unwanted texts or robotexts, which are also plaguing smartphone users.

What to Do Now

In the meantime, here are some steps you can take to protect yourself from robocalls.

List your phone numbers with the Do Not Call (DNC) Registry. By signing up, you can request that your landline or cell number be removed from the call lists used by legitimate telemarketing companies. That means you'll get fewer calls from legitimate outfits trying to hawk insurance or aluminum siding. But the registry won't stop illegal robocallers—who ignore the list—from contacting you, and the DNC registry doesn't cover calls from organizations like political parties, nonprofits, and companies with which you have established a business relationship.

File a complaint with the FTC and the FCC. The FTC maintains a database of rogue robocallers. This list is used by the call-blocking industry and phone companies to update their call-blocking lists. Also, with the stronger enforcement provisions, the authorities will be able to

go after repeat offenders more aggressively than they've been able to in the past.

You can file your complaint with the FTC here and with the FCC here.

Consider additional robocall-blocking protection. While many companies, including AT&T, Sprint, T-Mobile, U.S. Cellular and Verizon, now offer services that can block calls and alert you about incoming calls from potential scammers or spammers at no additional charge, you may be able to beef up your protection through additional protections offered by carriers or third-party app providers. Nomorobo, available on the app store, charges \$2 per month for its service (there's no cost for landlines). There are also free apps such as Hiya, Mr. Number, RoboKiller and YouMail. If you're planning to download a robocall-blocking app, keep in mind that it involves sharing a lot of sensitive personal information with these companies. Nomorobo doesn't access your contact lists, but some free apps do.

Update your contacts list. This is especially important if you choose to enable whitelisting. Whitelisting is similar to the Do Not Disturb feature on many devices that blocks calls from numbers not stored in your phone—it's essentially like pouring bleach on robocalls. If you have the feature enabled and are expecting a call from someone who is not in your contact list, you are likely to miss the call.

On an iPhone, go to Settings > Do Not Disturb > and tap "Allow Calls From" to choose those who can phone you. Turn on "Repeated Calls" to allow repeated calls from the same number to come through in case it's an emergency.

On an Android phone, go to Settings > tap Sound > Do Not Disturb. The app will also let you choose Exceptions and Allow Calls. You can then pick whose calls get through: anyone, contacts only or starred contacts only. To stop letting calls through, tap None.

Don't interact with robocallers. No technology is perfect, and some robocalls are likely to get through despite your best efforts. If you do answer a robocall, hang up immediately. Although it may be tempting to give the robocaller a piece of your mind, don't engage. If you do, you'll just be encouraging robocallers to keep calling.

<https://www.consumerreports.org/robocalls/how-traced-act-robocall-law-will-protect-consumers/>

Women's History Month

1916 - Margaret Sanger opens the first birth control clinic

1903 - Marie Curie is awarded the Nobel Prize for Physics for the discovery of radioactivity

1854-1860 - Susan B. Anthony crusades for women's rights in the United States and internationally

1920 - With the passage of the 19th Amendment to the U.S. Constitution, U.S. women get to vote

1542 - Mary, Queen of Scots is the first known female golfer

1969 - Golda Meir becomes prime minister of Israel.

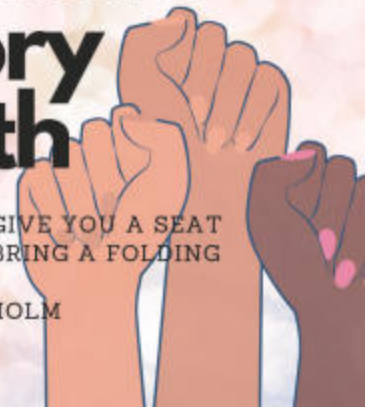
1928 - Women compete for the first time in Olympic field events

1849 - Elizabeth Blackwell becomes the first American woman to receive a medical degree

1966 - National Organization for Women (NOW) is founded

2570 B.C. - Queen Nefertari rules Egypt, calling herself "God's wife."

Happy Women's History Month



"IF THEY DON'T GIVE YOU A SEAT AT THE TABLE, BRING A FOLDING CHAIR."
- SHIRLEY CHISHOLM

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ST. PATRICK'S DAY

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E O Z I E T A I E B V I R A K
G C H H P D C M N R T S L L A
R M U L R S N I R L B B J E W
M V B U E X A E E O R L T R O
W C S N C R O C M Z C E N I H
W O H X H J T M C K J K G S P
I I T D A V I E I L S P I T G
F N G X U K S G K U O R O B A
W S R A N E F A S P I V Q D W
Z A E M M V K X B X Y F E L Z
J A E P V C J W L U C K A R E
S O N W T P F U Z G M K B I N
B B O L R I P X O Z Y C P M E

1. SHAMROCK
2. LEPRECHAUN
3. IRELAND
4. RAINBOW
5. GOLD
6. CELTIC



7. CLOVER
8. IRISH
9. GREEN
10. LUCK
11. JIG
12. COINS

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