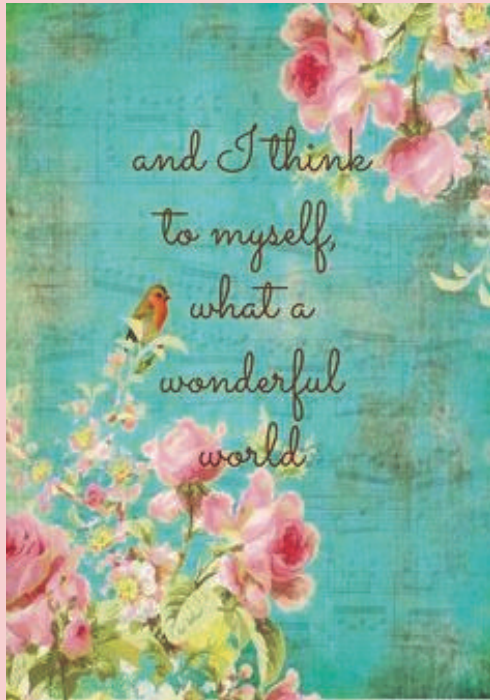


Cache County Senior Center

April 2020

Photo by Mike Bullock



Thank You for your continuing support of the Cache County Senior Citizens Center. This month is dedicated to honoring all of the volunteers in our community. On behalf of the Senior Center I would like to thank all volunteers who contribute to our center; Meals on Wheels volunteers, senior volunteers; line dancing, tai chi, quilters, writers group, sit-n-be fit, photography, sewing, community drumming, craft class. Also a big thank you to home health agencies/nurses that host our blood pressure/foot clinics; Sunshine Terrace, Bridgerland, CNS & Integrity. Many thanks to representatives from home health agencies and other agencies in the valley that have given of their time in sponsoring activities; student volunteers from USU; partnering agencies from the community that have contributed their time for our lunch and learn hour.

I read a meme the other day that best describes how I feel about last month... "March DID NOT come in like a lion, it came in like a T-REX with PMS that has hemorrhoids and wearing barbed wire undies." With all the uncertainty of everything, last month was a turbulent. One thing that brought calmness and peace of mind was the many volunteers that stepped in and helped with delivering meals. Because of the spread of the virus, and

our due diligence in keeping everyone safe and healthy we suspended the use of our senior volunteers. To have the support of the county employees and a few from other organizations was quite remarkable. With their help we were able to continue serving our meals on wheels recipients. We even had our county executive, Craig Butters, on one of the routes for a couple of weeks. How thankful we are; taking time out of his day to help us.

To see so much love from people stepping in and ready to help is inspiring. We had donations given to us and had people calling us making sure we had everything we needed to continue to serve you!.

What a wonderful world we live in. What a wonderful valley this is, a special place filled with people who care, a place we call home.

♡- Giselle Madrid

Health Benefits of Kiwi

1. Helps Your Digestion
2. Manage Blood Pressure
3. Protects from DNA Damage
4. Boosts Your Immunity
5. Supports Weight Loss
6. Improves Digestive Health
7. Helps Clean Out Toxins
8. Helps Fight Heart Disease
9. Suitable For Diabetics
10. Protects Against Eye Problems
11. Creates Alkaline Balance
12. Protects the Skin



Fruit Pizza

Ingredients

- 1/4 cup butter, softened
- 1/2 cup sugar
- 1 large egg
- 1/4 teaspoon vanilla extract
- 1/4 teaspoon lemon extract
- 1-1/4 cups all-purpose flour
- 1/4 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- **GLAZE:**
- 1/4 cup sugar
- 2 teaspoons cornstarch
- 1/4 cup water
- 1/4 cup orange juice
- **TOPPING:**
- 4 ounces cream cheese, softened
- 1/4 cup confectioners' sugar
- 1 cup whipped topping
- 1 firm banana, sliced
- 1 cup sliced fresh strawberries
- 1 can (8 ounces) mandarin oranges, drained
- 2 kiwifruit, peeled and thinly sliced
- 1/3 cup fresh blueberries



Directions

1. In a small bowl, cream butter and sugar until light and fluffy. Beat in egg and extracts. Combine flour, baking powder, baking soda and salt; add to creamed mixture and beat well. Cover and refrigerate for 30 minutes.
2. Press dough into a greased 12 to 14 inch pizza pan. Bake at 350° for 12-14 minutes or until light golden brown. Cool completely on a wire rack.
3. For glaze, combine sugar and cornstarch in a small saucepan. Stir in the water and orange juice until smooth. Bring to a boil; cook and stir for 1-2 minutes or until thickened. Cool to room temperature, about 30 minutes.
4. For topping, in a small bowl, beat cream cheese and confectioners' sugar until smooth. Add whipped topping; mix well. Spread over crust. Arrange fruit on top. Brush glaze over fruit. Store in the refrigerator.

<https://www.tasteofhome.com/recipes/summer-dessert-pizza/print/>



Fraud and Scams



Last month, we cautioned you to be on the lookout for scammers taking advantage of fears surrounding the Coronavirus.

Today, we have an update.

The FTC and FDA have jointly issued warning letters to seven sellers of unapproved and misbranded products, claiming they can treat or prevent the Coronavirus. The companies' products include teas, essential oils, and colloidal silver. The FTC says the companies have no evidence to back up their claims — as required by law. The FDA says there are no approved vaccines, drugs or investigational products currently available to treat or prevent the virus. The seven companies are:

Vital Silver
Aromatherapy Ltd.
N-ergetics
GuruNanda, LLC

Vivify Holistic Clinic
Herbal Amy LLC
The Jim Bakker Show

In part, the letters require the companies to notify the FTC within 48 hours of the specific actions they have taken to address the agency's concerns. The FTC and FDA will follow up with companies that fail to make adequate corrections. Both agencies also will continue to monitor social media, online marketplaces and incoming complaints to help ensure that the companies do not continue to market fraudulent products under a different name or on another website.

The Centers for Disease Control and Prevention (CDC) says your best defense against the Coronavirus is to: Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer. Always wash hands with soap and water if hands are visibly dirty. Avoid touching your face, especially your eyes, nose and mouth, with unwashed hands.



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Reduce Your Risk of Coronavirus



A Note from the Health Department:

As you know, a new coronavirus (COVID 19) is starting to spread across the world. So far, this disease is not any more alarming than diseases we have dealt with for several years, such as seasonal influenza.

The problem is the fact that this is new and we still don't know quite enough about it, yet. Additionally, we are competing with a tremendous amount of misinformation.

The Bear River Health Department has plans in place to address this virus and we are actively coordinating with all levels of government and our healthcare partners to ensure the safety of people living in Northern Utah.

This is a respiratory disease. While some may exhibit severe respiratory distress and fever, others may never know they had it. It is spread by aerial droplets from coughs and sneezes. We currently don't believe it lasts long on surfaces -- products shipped from China, for example, are safe.

While we don't anticipate that a vaccine will be available for more than a year, we are encouraging people to wash their hands regularly, cover their coughs, stay 6 feet away from sick people and stay home if they're sick. These interventions have proven to reduce the spread of a number of diseases and will help reduce the spread of this coronavirus when it gets here.

If you or others have questions about this coronavirus, we are constantly updating our website at brhd.org with the latest accurate information and links. Those links include good information from reliable sources including the Utah Department of Health and the Centers for Disease Control and Prevention. Specific questions can be referred to the Utah Coronavirus Information Line at 1-800-456-7707 or the Bear River Health Department at 435-792-6500.

Fraud and Scams



SMP SCAM WATCH CORONAVIRUS

Coronavirus testing should only be ordered by your treating physician. Never accept a test from someone:

- at a senior center, farmer's market, or shopping venue
- who comes to your door
- over the phone who says they could mail you one
- who is not your doctor

Contact the SMP for questions or to report suspicious Coronavirus testing at 877.808.2468 or at smpresource.org

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Seven Ways to Cope With Anxiety During the Coronavirus Outbreak

Uncertainty and fear are major triggers. Here's how to cope

by Christina Lanzito, [AARP](#), March 16, 2020

You head to your local grocery store and the shelves are empty of canned and frozen foods. Your usual social activities have been canceled, and the news is a constant stream of alarming stories about how the spreading coronavirus is upending life as we know it. Add to that the fact that older adults are particularly vulnerable to complications from COVID-19, the disease caused by the coronavirus, and you have a perfect storm for anxiety.

"This has been a big anxiety trigger for a lot of people," says Stewart Shankman, chief psychologist in the Department of Psychiatry and Behavioral Sciences at Northwestern University, of the coronavirus outbreak. But he and other mental health experts note that it's important to learn how to handle anxious thoughts, and get help if necessary — in part because anxiety can impede the body's ability to fight infection.

"Anxiety suppresses the immune system," says Jane Timmons-Mitchell, associate clinical professor of psychiatry at the Case Western Reserve University School of Medicine in Cleveland. "So anything we can do to not be anxious is helpful."

These ideas from the experts may help keep your anxiety under control.

Limit news consumption

It's important to know the facts and what you can do to protect yourself and to take all precautions — but it's not going to help stress levels to obsessively watch the news, says Shankman.

"The biggest source of anxiety is uncertainty," he says, "not knowing what's going to happen, when it's going to happen, how long this is going to last. And we don't know. So, trying to know, trying to resolve that uncertainty, is counterproductive. It's going to make you more anxious."

Shankman says that he's not suggesting denial. Rather, it's "sort of accepting this is the current situation and not letting it interfere with your life."

Practice calming techniques

Different people relax in different ways, but if you feel particularly anxious you might try deep

breathing, taking a warm bath, or sitting with your pet, says Neda Gould, assistant professor of psychiatry and behavioral sciences at Johns Hopkins Medical School. "Alternatively, try mindfulness: bringing attention to the experience and kind of allowing it to be there, and not judging it and knowing that it will pass." If you need mindful or meditative guidance, try free apps such as Calm; Breathe; UCLA Mindful, an app developed by the University of California, Los Angeles, Mindful Awareness Research Center; and Mindfulness Coach, from the U.S. Department of Veterans Affairs.

Move your body

"If people are able to just do a little bit of exercise, just walk around or stretch — just to sort of calm the tension in your body," it will help, says Shankman. "If you calm the tension in your body, you calm the tension in your mind."

Connect with loved ones

Call, email or videochat with family members, especially if you are feeling isolated or you know that they are. You may find that they have more time to talk than they usually do because so many people are home from school and work, Timmons-Mitchell points out. "There might be some grandchildren that you don't get to communicate with a lot, but now maybe they could because those people aren't as busy."

Listen to music, find activities that bring joy

With symphonies, opera houses, ballets and theaters shutting down or losing their audiences to quarantine measures, many are bringing their offerings online: The Berlin Philharmonic, for instance, gave a free livestreamed concert on March 12, while playing to an empty concert hall; it's offering free access to its archived concerts through March 31. The Philadelphia Orchestra is offering its recent live performance of "BeethovenNOW: Symphonies 5 & 6" online, as well. "Watching a concert like that is going to help somebody feel better, and probably less anxious," says Timmons-Mitchell.

Cont. pg. 11

7 maneras de lidiar con la ansiedad durante el brote de coronavirus

La incertidumbre y el miedo son de los principales desencadenantes. Te decimos cómo afrontarlos.

por: Christina Lanzito, [AARP](#), 16 de marzo de 2020

Te diriges a la tienda local y los estantes de la comida enlatada y congelada están vacíos. Se cancelan tus actividades sociales habituales, y en las noticias hay un flujo constante de historias alarmantes sobre cómo la propagación del coronavirus ha redefinido drásticamente nuestras vidas. Además, los adultos mayores son particularmente vulnerables a

desarrollar complicaciones de la enfermedad COVID-19, la cual es causada por el coronavirus; esta es la combinación perfecta para hacerte sentir ansiedad.

"Esto ha sido causa de ansiedad para muchas personas", comenta sobre el brote de coronavirus Stewart Shankman, psicólogo principal en el Departamento de Psiquiatría y Ciencias del Comportamiento en Northwestern University. Pero él y otros expertos en salud mental señalan que es importante aprender a controlar los pensamientos que generan ansiedad y obtener ayuda, de ser necesario, en parte porque la ansiedad puede dificultar la capacidad del cuerpo de combatir las infecciones.

"La ansiedad reprime el sistema inmunitario", señala Jane Timmons-Mitchell, profesora clínica adjunta de Psiquiatría en la Facultad de Medicina de Case Western Reserve University, en Cleveland. "De modo que todo lo que podamos hacer para no sentir ansiedad resulta beneficioso".

Las ideas a continuación de los expertos pueden ayudarte a mantener tu ansiedad bajo control.

Limita el consumo de noticias

Es importante estar al tanto de lo que sucede y lo que puedes hacer para protegerte y tomar todas las precauciones necesarias; sin embargo, ver las noticias de manera obsesiva no ayudará con los niveles de estrés, comenta Shankman.

"La fuente principal de ansiedad es la incertidumbre", agrega, "no saber lo que va a pasar, cuándo va a suceder o cuánto tiempo durará. Y no lo sabemos. Es por eso que tratar de averiguar, de resolver la incertidumbre, resulta contraproducente. Te hará sentir más ansiedad".

Shankman dice que no sugiere estar en negación,

sino "aceptar que esta es la situación actual y no dejar que interfiera en tu vida".

Practica técnicas para calmarte

Todos se relajan de maneras diferentes, pero si te sientes particularmente ansioso, intenta respirar profundamente, tomar un baño caliente o sentarte con tu mascota, aconseja Neda Gould, profesora adjunta de Psiquiatría y Ciencias del Comportamiento en la Facultad de Medicina en Johns

Hopkins. "Como alternativa, prueba las técnicas de atención plena o "mindfulness": prestar atención a la experiencia y permitir que exista, sin juzgarla, y saber que en algún momento terminará". Si necesitas ayuda para practicar meditación o atención plena, prueba aplicaciones gratuitas como Calm; Breethe; UCLA Mindful, una aplicación que desarrolló el Mindful Awareness Research Center en University of California, Los Angeles; y Mindfulness Coach, del Departamento de Asuntos de los Veteranos de EE.UU. Mantén tu cuerpo en movimiento

"Si las personas pueden hacer aunque sea un poco de ejercicio —como caminar o estirarse— para calmar la tensión del cuerpo", las ayudará, dice Shankman. "Al calmar la tensión del cuerpo, se calma la tensión en la mente".

Mantente en comunicación con tus seres queridos

Llama, envía un correo electrónico o realiza una videollamada con tus familiares, en especial si te sientes aislado o sabes que ellos lo están. Puede que descubras que tienen más tiempo de lo que normalmente tienen para hablar, dado que muchas personas tienen que permanecer en casa en lugar de ir a la escuela o al trabajo, señala Timmons-Mitchell. "Si tienes nietos con los que no te comunicas muy seguido, es posible que ahora sí puedas, pues probablemente no están tan ocupados".

Cont. Pg. 9



Dear Marci



Dear Marci,

I will turn 65 and become eligible for Medicare soon. I have insurance coverage through a company that I retired from several years ago. Do I need to take Medicare? If I do, how will it work with my retiree coverage?

-Tito (Santa Fe, NM)

Dear Tito,

Retiree insurance is a form of health coverage an employer may provide to former employees. Retiree insurance is almost always secondary to Medicare, meaning it pays after Medicare and may provide coverage for Medicare cost-sharing, like deductibles, copayments and coinsurance. Because retiree insurance is secondary, you should enroll in Medicare to be fully covered. If you do not enroll in Medicare, you will likely be without primary coverage, and will face a late enrollment penalty and gaps in coverage if you try to enroll at a later date.

You may be able to keep your retiree insurance as primary after you become Medicare-eligible if you have End-Stage Renal Disease (ESRD) or Federal Employee Health Benefits (FEHB).

Deciding whether to keep retiree coverage after you enroll in Medicare is a personal one that depends on your costs and anticipated health care needs. Retiree coverage premiums can be costly, but it may be worthwhile to keep your plan if you anticipate high Medicare costs. Retiree coverage may also pay for care or other items and services that Medicare does not cover, such as vision care, dental care, and/or off-formulary or over-the-counter prescription drugs. If the plan offers prescription drug coverage that you like, find out if the coverage is creditable and if you can delay Medicare Part D enrollment without penalty.

For more information on the services covered by your retiree insurance plan, contact your benefits administrator or your employer's human resources Department.

Retiree insurance may coordinate with Medicare differently depending on the type of plan you have. Below are a few common types of plans and how you might expect them to work with Medicare. Be sure to speak to your employer's HR department for more information.

Fee-for-service (FFS) plans pay for care from any doctor or hospital. FFS plans cover Medicare cost-sharing and generally act like a supplemental insurance policy. Managed care (HMO or PPO) plans require that you see in-network providers and facilities. Your costs are typically lowest when seeing providers who take both Medicare and your retiree insurance. When seeing Medicare providers who do not take your retiree insurance, you will pay regular Medicare cost-sharing amounts, and your retiree insurance may not pay at all. Employer-sponsored Medicare Advantage Plans offer Medicare-eligible individuals both Medicare and retiree health benefits. Some employers require that you join a Medicare Advantage Plan to continue getting retiree health benefits after becoming Medicare-eligible. You can always choose not to take your employer's coverage and sign up for Original Medicare or a different Medicare Advantage Plan, but keep in mind that you may not be able to get that retiree coverage back if you want it at a later date.

Employer-sponsored supplemental insurance offers secondary coverage for Medicare-eligible individuals. These plans often function similarly to Medigaps, meaning that they pay all or part of certain remaining costs after Original Medicare pays first. Remember: You can always choose not to take your employer's coverage and sign up for a Medicare Advantage Plan or a different Medigap, but you may not be able to get that retiree coverage back if you want it at a later date.

-Marci

Health and Wellness

Get stuff done

Tackle a hobby you've wanted to explore, or a project you never seem to have time for. Maybe you have some watercolor painting supplies in a closet, or a big box of old photos that you've been meaning to transform into a keepsake album. Accomplishing tasks such as cleaning clothes closets or garages can be rewarding, while diverting your attention from anxious thoughts

Find ways to laugh

Humor is a wonderful coping mechanism in times of crisis. Turn to sources you find funny, whether they're movies or TV shows, or certain friends whom you know will brighten your mood.

If you feel like your anxiety is getting extreme, interfering with your daily functioning, for example, ask for help. Reach out to your doctor, and a trusted confidant.

If you're starting to have thoughts about self-harm get help immediately, says Timmons-Mitchell, who suggests calling the 24-hour National Suicide Prevention Lifeline, at 800-273-8255. "They have a lot of tools at their disposal, and they're trained to provide really good services," she says. "People shouldn't feel hesitant to call them because they want to hear from you."

Escucha música, encuentra actividades que te hagan feliz

Ya que cerraron las sinfonías, los teatros de ópera, el ballet y los teatros, y tienen menos visitantes debido a las medidas de cuarentena, muchos ofrecen sus espectáculos en internet. La Filarmónica de Berlín, por ejemplo, realizó un concierto mediante una

transmisión en vivo gratuita el 12 de marzo, en el que llevaron a cabo su interpretación en un teatro vacío; hasta el 31 de marzo ofrecerán acceso a sus conciertos en archivo. La Philadelphia Orchestra también está ofreciendo su presentación en vivo reciente de "BeethovenNOW: Symphonies 5 & 6" en internet. "Ver un concierto de ese tipo seguro ayudará a alguien a sentirse mejor y probablemente a sentir menos ansiedad", comenta Timmons-Mitchell.

Busca algo que hacer

Empieza un pasatiempo que siempre has querido explorar, o un proyecto para el que nunca tuviste tiempo. Tal vez en tu clóset tienes material para hacer pinturas en acuarela, o una gran caja de fotografías que has querido transformar en un álbum de recuerdos. Realizar tareas como limpiar los clósets de ropa o las cocheras puede ser gratificante, y al mismo tiempo, te distrae de los pensamientos que causan ansiedad.

Cont. pg.15

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April 2020

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Broccoli Cheese Soup Egg salad sandwich Strawberry-banana Fruit Salad	2 Chicken Lasagna Zucchini & Yellow Squash Apple Slices Sliced Wheat Bread	3 Beef Tacos Black Bean Salad Spanish Rice Tropical Fruit
6 Chicken Salad Sandwich Broccoli Salad Mandarin Oranges	7 Cauliflower Soup Roast Beef Sandwich Mixed Fruit	8 Tater Tot Casserole Green Bean Salad Peach Crisp Dinner Roll	9 Creamy White Chili Green Salad Spiced Pears Cinnamon Roll	10 Chef's Choice
13 Cheesy Vegetable Soup Turkey Sandwich 7 Layer Salad Seasonal Fruit	14 Turkey Tetrazzini Peas and Carrots Pineapple Grape Salad Sliced French Bread	15 Parmesan Chicken Italian Veggies Fruit Salad Garlic Bread Stick	16 Baked Chicken Mashed Potatoes & Gravy Veggies Orange Slices	17 Swedish Meat Balls over Noodles Roasted Squash Fruit Cocktail Salad
20 Cheesy Egg & Sausage Brunch Baked Zucchini & Tomato Fruit Cocktail Poppy Seed Muffin	21 Chicken Teriyaki White Rice Asian Roasted Carrots & Broccoli Fresh Fruit	22 Baked Ziti Italian Blend Veggies Peaches Sliced Herb Bread	23 Chicken Pot Pie Collard Greens Warm Spiced Apples	24 Chef's Choice
27 Taco Casserole Chuck Wagon Corn Green Salad Apple Sauce Cornbread	28 Lentil Soup Ham Sandwich Pineapple Coleslaw Fruit Cocktail	29 Meat Loaf Scalloped Potatoes Sun-kissed Carrots Cinnamon Pear Dinner Roll	30 Fish and Chips Roasted Vegetables Pineapple Chunks Tapioca 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.

Legislation modernizes services for older adults, including emergency planning

Arlington, VA (March 12, 2020) – The National Council on Aging (NCOA) applauds Congress for a strong bipartisan reauthorization of the Older Americans Act (OAA), modernizing the legislation to address the shifting needs of millions of older adults, including the recent coronavirus outbreak. The Senate passed the bill on March 3 and the House passed it yesterday.

Over 11 million older adults and their caregivers rely on OAA programs administered by the nationwide aging services network, including senior centers, healthy aging programs, nutrition, in-home services, transportation, caregiver support, and elder abuse protections.

“This reauthorization comes at a critical time, when the nation’s aging network is serving a rapidly growing population of older adults who need support to stay healthy and independent,” said Howard Bedlin, NCOA Vice President for Public Policy & Advocacy. “We are pleased that many of NCOA’s priorities are in the final legislation, including technical assistance and best practices for how the aging network can respond to public health emergencies such as coronavirus.” The National Council on Aging (NCOA) is a trusted national leader working to ensure that every person can age well. Since 1950, our mission has not changed: Improve the lives of millions of older adults, especially those who are struggling. NCOA empowers people with the best solutions to improve their own health and economic security—and we strengthen government programs that we all depend on as we age. Every year, millions of people use our signature programs BenefitsCheckUp®, My Medicare Matters®, and the Aging Mastery Program® to age well. By offering online tools and collaborating with a nationwide network of partners, NCOA is working to improve the lives of 40 million older adults by 2030. Learn more at ncoa.org and [@NCOAging](https://twitter.com/NCOAging).

<https://www.ncoa.org/news/press-releases/ncoa-applauds-older-americans-act-reauthorization/>

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Brennan Thompson: brennan.thompson@usu.edu

Kinesiology and Health Science Department, Utah State University

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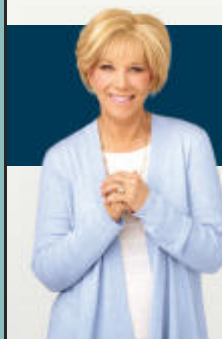


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◀ **Joan Lunden**, journalist, best-selling author, former host of *Good Morning America* and senior living advocate.



Senior Fun



Spring



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



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NEST
RABBIT
ROBIN

SNAIL
SPRING
SPROUT
TULIP
WORM



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Medicare



Medicare Advantage Plans must work to maintain access to health care services and prescription drugs during emergencies for plan members living in affected areas. Plans must meet certain requirements following the declaration of a disaster, emergency, or public health emergency.

In these cases, Medicare Advantage Plans must:

Allow you to receive health care services at out-of-network doctor's offices, hospitals, and other facilities

Waive referral requirements

Charge in-network cost-sharing amounts for services received out of network

Suspend rules requiring you tell plans before you get certain kinds of care or prescription drugs, if failing to contact the plan ahead of time could raise your costs or limit your access to care

In these cases, Part D plans must:

Cover formulary Part D drugs filled at out-of network pharmacies

Part D plans must do this when you cannot be expected to get covered Part D drugs at an in-network pharmacy

Remove restrictions that stop you from getting refills too soon

Cover the maximum supply of your refill if you request it

After the disaster, emergency, or public health emergency ends, plans can stop following these requirements. The government will typically indicate when the emergency has ended.

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Lab Tests

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Necessary Hospitalizations

Medicare covers all medically necessary hospitalizations. This includes if you're diagnosed with COVID-19 and might otherwise have been discharged from the hospital after an inpatient stay, but instead you need to stay in the hospital under quarantine.



Prescriptions (when available)

At this time, there's no vaccine for COVID-19. However, if one becomes available, it will be covered by all Medicare Prescription Drug Plans (Part D).



Telehealth

Medicare covers "virtual check-ins" so you can connect with your doctor by phone or video to see whether you need to come in for a visit. If you're concerned about illness and are potentially contagious, this offers you an easy way to remain at home and avoid exposure to others

For the latest information on the coronavirus, including travel advisories, visit the CDC's website.

www.cdc.gov/coronavirus

Health and Wellness (Spanish)

Busca maneras de reír

El humor es un mecanismo maravilloso de adaptación para los tiempos de crisis. Busca algo que encuentres gracioso, ya sean películas o programas televisivos, o alguna amistad que sabes que mejorará tu estado de ánimo.

Si sientes que tu ansiedad está llegando a niveles extremos, que interfiere con tu funcionamiento diario, por ejemplo, pide ayuda. Consulta con tu médico y alguien en quien confíes.

Si tienes pensamientos sobre autolesionarte, busca ayuda inmediatamente, dice Timmons- Mitchell, quien sugiere llamar a la Línea Nacional de Prevención del Suicidio, la cual está disponible las 24 horas del día, al 800-273-8255. "Tienen muchos recursos disponibles y están capacitados para proporcionar el servicio más adecuado", agrega. "Las personas nunca deben dudar en llamar ya que ellos quieren que los llamen".



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