



Photo by Mike Bullock

WWII love letters tell of romance and tragedy

By Michael E. Ruane

It was not until three years after her mother died in 1990 that DeRonda Elliott opened the suitcase containing the letters her parents exchanged during World War II. Despite her mother's urging, she had never been able to bring herself to read them. It was her parents' private story. Her father, Frank, had been killed on D-Day, June 6, 1944, and afterward her mother seldom spoke of him. When Elliott, a retired nurse from Durham, N.C., finally examined the correspondence in 1993, she was overwhelmed. The letters told an exquisite story of a romantic young couple whose lives were defined and then crushed by the war.



The letters were so moving that many were later published in American Heritage magazine. President Bill Clinton quoted from one in a speech on the 50th anniversary of D-Day in 1994. Twenty years later, it seemed fitting to present some of them again as they were printed in American Heritage. Frank M. Elliott, 23, who had left Georgetown University to join the Army in 1943, wrote from England. His letters are in italic. Pauline "Polly" Elliott, 24, wrote from their home in New Castle, Pa. Their daughter, DeRonda "Dee," was a toddler.

31 days to D-Day May 6, 1944

*Dearest Darling,
All day I have been fighting the feeling which has been dominating me of late. I keep continually thinking of home and longing for home in the worst way. All your letters of how beautiful my daughter is becoming by the day. The realization that I am missing all these months and years of her formative growth is actually gnawing at my heart. .*

I love you, Frank

Cont. pg. 4-5

Nutrition News

How Healthy Is a Strawberry Banana Smoothie?

The vitamin C content in a serving of strawberry banana smoothie is excellent, thanks to the strawberries — each 12 ounce serving of smoothie contains up to 70 percent of the recommended daily intake.

The reputation vitamin C holds as a common cold fighter has more to do with its cell repair benefits than any effectiveness against viruses. This vitamin, an antioxidant, helps ward off damage from free radicals and plays a critical role in healing wounds.

A strawberry banana smoothie also boosts your calcium consumption; a 12-ounce portion of smoothie provides 8 to 10 percent of the calcium you need daily. The amount of calcium you ingest influences the strength of your bones and teeth, your blood pressure and your cholesterol levels.

Women, in particular, should consider drinking strawberry banana smoothies to increase their calcium intake — as women age, they need more calcium to keep their bones strong.

Health Benefits of Strawberries and Bananas
The fruit in a strawberry banana smoothie provides a range of nutritional benefits. Bananas supply fiber, which protects bowel health and helps regulate digestion. The amount of potassium in bananas also make them a good fruit to eat to decrease your risk of kidney stones.

Strawberries promote good eyesight and decrease symptoms of arthritis, thanks to the high volume of antioxidants. This fruit also contains folate — this makes strawberry banana smoothies a must for pregnant women, as folate helps ward off birth defects of the spine.

<https://www.livestrong.com/article/345068-strawberry-banana-smoothie-nutrition/>

Good Things To Eat

This 3-ingredient Strawberry Banana Smoothie Bowl is a healthy way to satisfy those sweet cravings in 5 minutes flat. Great for a light breakfast, a pick-me-up during the day or a late night dessert on those balmy summer nights. Don't forget to sprinkle on your favorite toppings.



STRAWBERRY BANANA SMOOTHIE BOWL

INGREDIENTS

1/2 cup strawberries, sliced & frozen
1 banana, sliced & frozen
1/2 cup milk of your choice

OPTIONAL TOPPINGS

fresh fruit slices
chia seeds
shredded coconut
granola
crushed nuts
nut butter

INSTRUCTIONS

Add all ingredients into blender and blend on high until you achieve a consistency similar to soft serve ice-cream. This can take about 1 minute, and you may need to scrape down the sides regularly. If the consistency is too thick and not blending, add a touch more milk. Pour into a bowl and add your favorite toppings. Serve immediately.

UPDATES - First Published August 30, 2017. Last Updated December 1, 2018. No changes to recipe, just updated photos & tips.

<https://www.cookitrealgood.com/wp-json/mv-create/v1/creations/64/print>

**There will be Commodities
this month!**

**May 6th is commodities—
from 1:00-3:00**

Resources

RSVP

Would you or an older adult you know like a Companionship Phone Call during this time of social distancing? If you are 55 and older, the Retired and Senior Volunteer Program (RSVP) of Cache & Rich Counties has volunteers willing to connect with you if you would like social support through conversation. Contact their director, Mindy Dokos at 435-760-4472 or Email: mindy.dokos@sunshineterrace.com

Extra Help

Do you need help paying for your prescriptions? You could qualify for a federal program that helps pay some or in some cases all of the part D drug plan. If you make less than \$1,561.00 a month (\$2,113 for married couples), and your assets are below \$14,390 (\$28,720 for married couples) you may qualify for the "Extra Help" program. It could reduce your prescription costs for generics and for brand-name drugs. Contact Giselle or Colby for an apt. 755-1720.

Transportation Vouchers

Clients can be reimbursed for travel costs to doctor appts. and or other medical care. This is a needs based program. Call BRAG to schedule an assessment and see if you qualify for this program that can reimburse friends and family for taking you to your Dr. appts. 752-4242.

VA Benefit Program

A representative from the VA will assist you with all of your benefit needs. Please call Deborah Crowther at 435-713-1462 .



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28 days to D-Day
May 9, 1944

Dearest,

The invasion, I read, is a topic of daily conjecture among the people at home and I guess you are a mite worried. Well, sweetheart, don't worry, please. It is possible I may be a member in the assault but no more possible than that I may someday die. It is God's will darling, to which we must all bow, and His will be done is a daily admonition we make. I don't hold with the 'theory of the inevitable' school and so you may be sure that I won't invite disaster in any form. In prep school we had a quarterback who always qualified his pre-game prayers with the phrase, "Not my will God, but Thine" and so it is sweetheart and so it must always be — we must trust our God unflinchingly, unquestioningly. But enough of this heavy stuff . . . school's out.

I love 'em all but Polly best of all —

Frank

17 days to D-Day
May 20, 1944

Darling,

Dad sent a fellow today to fix up our yard and he really did a super job — it looks nice. There is so much shrubbery here and so many with plants all around that I can never find enough time to keep it looking as it should look. Now it looks wonderful. All the spring flowers are beginning to bloom now and the sight of them just increases my longing for you. . . Sometimes I sympathize with myself by counting up the months since I've seen you — and because they are too many — nearly eight now — I feel very, very sorry for myself. . . Really dear, I try not to feel sorry for me — there are many who are much worse off than I — you are the one who is undergoing all the hardship — I have Dee who in herself is enough to compensate for anything. Without her, I don't see how I would endure this separation. Yet constantly, darling, all of me longs for you. It can't be much longer now, sweetheart.

I love you, Polly

10 days to D-Day
May 27, 1944

Hi Darling,

. . . Darn it darling, I would certainly like to be on hand when Dee goes to see her first movie. Take her to Youngstown, Pittsburgh or Cleveland to one of those theatres with a long impressive lobby with candy counters and attractive posters. I'll bet she will love it. Don't postpone her enjoyment till I come home, but let me know how she reacts to all the glamour of Hollywood's productions. . . .

Frank

9 days to D-Day
May 28, 1944

Darling—

Here it is Sunday again — Sunday night. I think this is the most lonely time of the whole week for me. I am so darn lonesome for you, Frank darling. Oh I'm not the only one and I know it — there are millions just like me, wishing with all the strength of their hearts and minds for the return of peace and loved ones. — Dee is sleeping on this Sunday night, and the radio is playing old and beautiful music — and I am thinking of the Sunday nights to come when you will be listening to such music with me. — Took Dad to a ball game today — Dee went along — maybe she'll learn to like baseball as well as her Daddy does — I'll bet that she will.

I adore you, Polly

5 days to D-Day

June 1, 1944

Dearest,

... I hope it isn't a military secret when I tell you that we have been away from our cooks for quite some time. I just bring up the point to extend a little human interest. As you must know the cooks are always a brow-beaten, bullied lot no matter what outfit they are in. Well the other day the poor dears cooked up a batch of huge cookies and sent them down here to where we are stationed. Now wasn't that nice of them after all the verbal criticism they have gotten for their pains in the past. But I love Polly so much — I'd even eat her biscuits — I love you, Frank

1 day to D-Day

June 5, 1944

Darling,

... This is a beautiful summer evening, darling. I am sitting at the kitchen table (and not even noticing the noise of the refrigerator) from which place by merely lifting my head and looking out the window I can gaze upon a truly silvery, full moon. It's beautiful, dear — really beautiful, and it has succeeded in making me very sentimental. I had begun to think that I was becoming immune to the moon's enchantment — so often I have looked at it without you and to keep myself from going mad told myself "It's pretty, yes — but, so what?". . . That's not the way it really is though, darling — the sight of that shining moon up there — the moon that shines on you, too — fills me with romance — ; and even though it's just a dream now, it's a promise of a glorious future with one I love more than life. The darned old moon keeps shining for us, darling — and even as it now increases that incapable loneliness, it also increases my confidence in the future. I truly love you ...

D-Day

June 6, 1944

Frank M. Elliott was killed.

https://www.washingtonpost.com/local/70-years-later-love-letters-tell-of-wwii-couples-romance-and-tragedy/2015/05/24/02bea130-ffbb-11e4-8b6c-0dccc21e223d_story.html

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Cache County Senior Center, Logan, UT

B 4C 05-1038

Word Trivia 3/22/20:

Contronyms

Estimated play time: Approximately 15 minutes

Number of players: Unlimited

Supplies needed: Scoring board/pad; noisemakers

Overview:

Contronyms are two words with the same spelling that have opposing meanings. For example, the word **CLIP** is a contronym, because it can mean both to **DETACH** and to **FASTEN**. *Part of Mary's job was to _____ articles from the newspaper and then _____ them together for filing.*

Can you identify the contronyms in this quiz?

Instructions:

1. This game can be played by individuals or in teams.
2. Read the first two question. Discussion is permitted among teammates. Prior to the start of the game, a method to signal when a team is ready to answer must be determined. Ringing bells and New Year's blowers are just two inexpensive noisemakers. Raised hands work, but the host must be vigilant to watch for whose hand went up first. The host always has the final say in any disputes.
3. After a player/team is recognized as the first to signal, they may give an answer. If the first answer is incorrect, the other teams may 'buzz' in and answer.
4. Scoring: Give 10 points for each correct answer.

Word Trivia 3/22/20:

Contronyms

QUESTIONS

1. In baseball this is a miss; in bowling it's a hit.
2. To secure; or to flee. *Even after Tim took care to _____ the stall door, the stallion still managed to _____ the first chance he got.*
3. To decorate; or to remove excess. *Before Sarah could _____ her Christmas tree, she had to _____ a few branches.*
4. Among ethnic groups, it's a common practice; among tailors, it's a special order.
5. In baking, this means to sprinkle with fine particles (of sugar, for example); in housekeeping, it means to remove fine particles.
6. To open the curtains; or to close the curtains.
7. The most severe murder charge; the least severe burn.
8. In golf, it's an advantage; in other aspects of life, it can be a disadvantage or limitation.
9. Remaining; or departed. *When there were only two cookies _____, Aunt Sally _____ to buy more.*
10. Activated; or deactivated. *The alarm clock went _____ before Edna could reach over and turn it _____.*
11. A duty to pay attention; or a failure to pay attention. *Herman, whose key responsibility was _____ of the financial reporting process, said his failure to notice the million dollar discrepancy was just an _____.*
12. To widely display; or to selectively choose. *The famous actor wanted to _____ his new film to fans only, so he told his assistant to _____ the guest list for its premiere.*

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Answers on pg. 16

Scams and Fraud Concerns



Securing today
and tomorrow

The Inspector General of Social Security, Gail S. Ennis, is warning the public about fraudulent letters threatening suspension of Social Security benefits due to COVID-19 or coronavirus-related office closures. The Social Security Administration (SSA) will not suspend or discontinue benefits because their offices are closed.

The Social Security Office of the Inspector General has received reports that Social Security beneficiaries have received letters through the U.S. Mail stating their payments will be suspended or discontinued unless they call a phone number referenced in the letter. Scammers may then mislead beneficiaries into providing personal information or payment via retail gift cards, wire transfers, internet currency, or by mailing cash, to maintain regular benefit payments during this period of COVID-19 office closures.

As of Tuesday, March 17, 2020, local SSA offices are closed to the public due to COVID-19 concerns; however, Social Security employees continue to work. Social Security will not suspend or decrease Social Security benefit payments or Supplemental Security Income payments due to the current COVID-19 pandemic. Any communication you receive that says SSA will do so is a scam, whether you receive it by letter, text, email, or phone call.

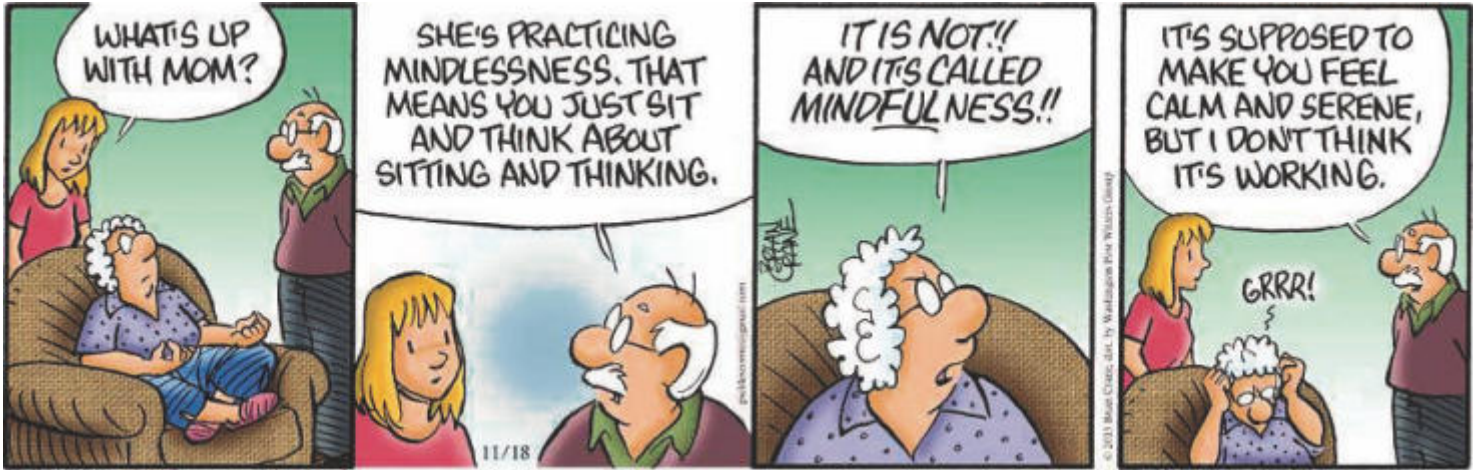
Social Security will never:

- Threaten you with benefit suspension, arrest, or other legal action unless you pay a fine or fee;
- Promise a benefit increase or other assistance in exchange for payment;
- Require payment by retail gift card, cash wire transfer, internet currency, or prepaid debit card;
- Demand secrecy from you in handling a Social Security-related problem; or
- Send officials letter or reports containing personally identifiable information via mail.

If you received a letter, text, call or email that you believe to be suspicious, about an alleged problem with your Social Security number, account, or payments, hang up or do not respond. We encourage you to report Social Security scams using our dedicated online for at <https://oig.ssa.gov>. Please share this information with your friends and family, to help spread awareness about Social Security scams.

For more information, please visit <https://oig.ssa.gov/scam>. Members of the press may make inquiries to Social Security OIG at oig.dcom@ssa.gov

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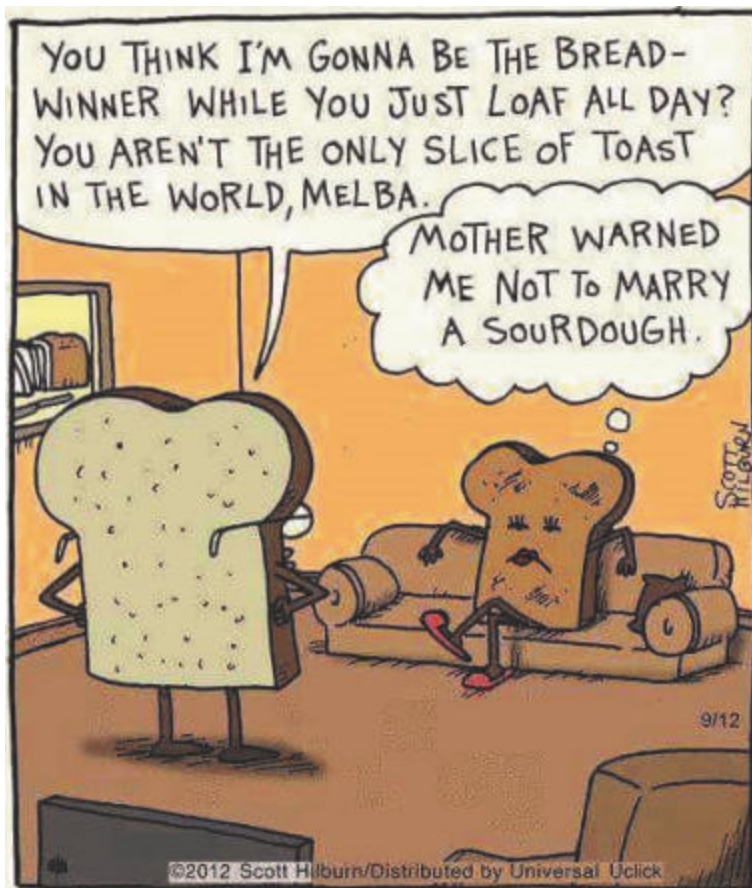
Monday	Tuesday	Wednesday	Thursday	Friday
				1 Creamy Chicken Noodle Soup Green Salad Fresh Grapes
4 Sweet Pork Salad Cilantro Rice Pinto Beans Mango Cobbler Wheat Tortilla	5 BBQ Beef Sandwich Pasta Salad Watermelon Potato Chips	6 Omelet Veggie Hash Fresh Orange Slices Poppy Seed Muffin	7 Baked Ravioli w/ Cheese Italian Veggies Caesar Salad Garlic Toast	8 Salmon Garlic Mashed Potatoes Green Beans Raspberry/Banana
11 Beef & Barley Soup Mixed Green Salad Pears Cheese Biscuit	12 French Dip Sandwich Broccoli Salad Fruit Cocktail	13 Chef's Choice	14 Turkey Rollups Mashed potatoes w/gravy Green beans Peaches Roll	15 Pizza Caesar Salad
18 Clam Chowder Cole Slaw Frog-eye Fruit Salad Fluffy Biscuit	19 French Toast Sticks Sausage Patty Chilled V-8 Juice Cottage Cheese & Pineapple	20 Baked Potato Broccoli w/Cheese Apricot Crisp Blueberry Muffin	21 Swedish Meat Balls Brown Rice Peas & Carrots Fresh Fruit Wheat Roll	22 Alpine Chicken Brown Rice Greens Beans Peaches
25 CLOSED FOR MEMORIAL DAY HOLIDAY	26 Hamburger N' Fix n's Broccoli Salad Watermelon Chips	27 Apricot Chicken Malibu Veggies Fresh Fruit Dinner Roll	28 Club Sandwich Pineapple & Banana Relish Tray Cookie	29 Baja Fish Sticks w/Salsa served with a Cilantro Lime Cole Slaw Tropical Fruit

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.

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For Summer!

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Kinesiology and Health Science Department, Utah State University

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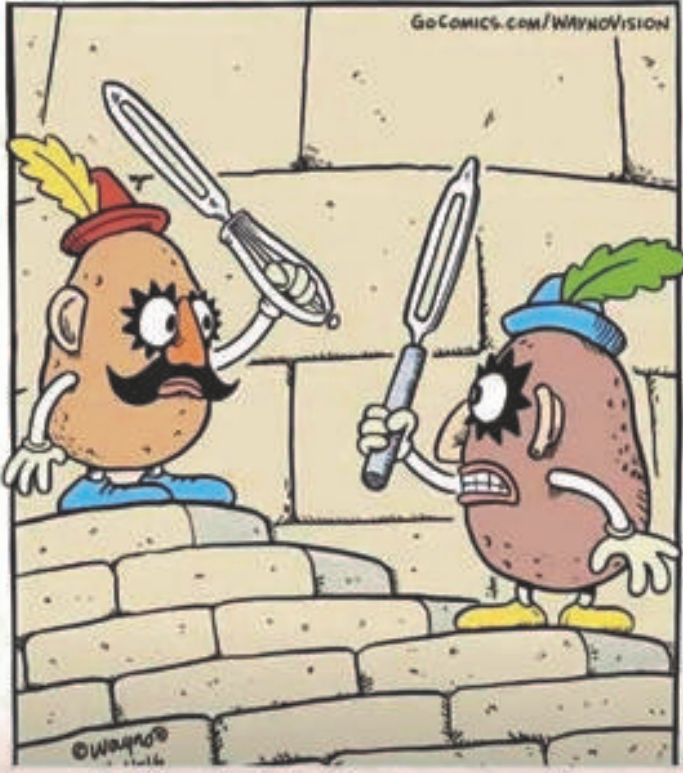
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MEDICARE

6 Ways to Get Vision Coverage When You Retire

By: *The My Medicare Matters Team*

About [1.3 billion people](#) in the world live with some form of vision impairment. The reasons vary but the fact is, your risk of developing vision problems drastically increases as you age. Over [91% of people](#) age 55+ use some form of vision correction, so having access to quality vision care is critical as you get older. Issues with vision can increase the risk of falls, driving incidents, and impacting quality of life.

Medicare plans cover a wide variety of services including doctor visits, home health care, and a range of preventive screenings and treatments, but when it comes to vision coverage, beneficiaries' options are extremely limited. So, what are the available options when you retire?

Original Medicare (Part A and Part B)

Vision coverage through [Original Medicare](#) is limited to mostly preventive and emergency services.

Original Medicare generally doesn't cover routine eye exams for eyeglasses or contact lenses. Medicare Part A covers medical emergency related to your vision if you are admitted to the hospital and Medicare Part B covers preventive treatments and screening related to diseases affecting your vision.

Medicare Part B covers [annual glaucoma test](#) for at-risk individuals which includes those with diabetes, African-Americans aged 50+, Hispanics aged 65+, and/or those with a family history of glaucoma. Annual exams to test for diabetic retinopathy among diabetics, diagnostic tests and screenings for macular degeneration, cataract surgery and one pair of post-surgery eyeglasses or contact lenses are also covered. Medicare will only pay for contact lenses or eyeglasses from a supplier enrolled in Medicare. For each of these services, the out-of-pocket costs is the 20% Medicare-approved amount, and Part B deductible.

Medicare Advantage (Part C)

One of the easiest options for vision coverage when you retire is [Medicare Part C](#). Part C includes the same emergency and preventive benefits included with Original Medicare, but some Part C plans may also offer additional benefits that include a yearly eye exam, eyeglass frames and lenses, or contact lenses. The cost and coverage for these services vary from plan to plan. The best way to find a Medicare Advantage plan that covers all the services you need is to compare plans online or speak with a licensed benefits advisor.

Vision Programs

Enrolling in a Medicare Advantage plan to receive vision coverage is not necessarily the best option for everyone, but that doesn't mean you should not be able to get adequate vision coverage. There are national and local programs available that can provide vision care for little to no cost, but there may be additional requirements to participate and resources may be limited.

[EyeCare America](#)®, a service from the Foundation of the American Academy of Ophthalmology, provides free eye exams and up to one year of care for low-income individuals who qualify.

Local Lions' Club chapters often have programs to assist those with severe vision impairment. [Local chapters](#) will be able to provide more information on how to get assistance.

[Vision USA](#), a program of the American Optometric Association and [Mission Cataract USA](#) both offer vision services for those without insurance including Medicare or Medicaid. Vision USA provides free eye exams for low-income Americans and Mission Cataract USA offers free cataract surgery to those who qualify.

As you begin to research your Medicare options keep in mind the enhanced services you may need to maintain, or maybe even improve your quality of life. Having yearly eye exams and updated prescriptions or dental cleanings and fillings may not be the things you consider when choosing a Medicare plan, but they should be.

To get help discovering a plan that covers your needs try taking our [Medicare Questionnaire](#), which allows you to compare plans online or connects you to free professional advice from licensed benefits advisors. You can also contact your local [State Health Assistance Insurance Program \(SHIP\)](#) for access to federally-funded Medicare counseling from trained staff members.

<https://www.mymedicarematters.org/2019/01/get-vision-coverage-retire/?SID=5e9a03672abc9943>



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Word Trivia 3/22/20:

Contronyms

ANSWERS:

1. Strike
2. Bolt
3. Trim
4. Custom
5. Dust
6. Draw
7. First Degree
8. Handicap
9. Left
10. Off
11. Oversight
12. Screen