

Photo by Mike Bullock

COVID-19: We Must Care for Older Adults' Mental Health

No matter your age, mental health and well-being are influenced by numerous factors and are susceptible to change. Right now, most people, across all sectors of society, are being affected by the global health crisis related to the coronavirus. One particular group we should keep in mind during this challenging time is older adults, whose routines and usual support systems may be disrupted.

The most powerful factors that impact mental health and well-being for older adults include:

Mental health conditions. Often undiagnosed, mental health conditions (either previous or current) can have their first onset in later adulthood. Depression and severe anxiety are not a normal part of aging, and can be addressed with clinical treatment and social support. **The stress of COVID-19, the uncertainty it creates, and the potential for older adults to be more susceptible to the virus, can exacerbate any underlying risk for depression or anxiety.**

Physical health, pain and disability. Medical conditions are prevalent for most older adults and can often be well managed. When pain or chronic illness lead to functional disability, the individual's sense of identity and well-being can be significantly impacted. **During this COVID outbreak, being in an older age demographic and having chronic health conditions are criteria for "high-risk" vulnerability to the virus. This can compound the stress many older adults feel.**

Social isolation, feeling lonely or disconnected. Any regular contact with family, neighbors, clubs, faith communities, and social services (such as meal delivery or home care personnel) can serve as important points of contact. These can be a lifeline for social connection. **Social distancing can create further isolation, and the current crisis is affecting almost everyone's routines, mass transportation, and some "non-essential" social services. This means that the usual social support and contacts older adults have with others may be diminished.**

Losses, are a more frequent experience for older adults and generally include the death of friends/family, and other kinds of losses such as driving, autonomy, financial, or functioning in various roles. Older adults' capacity to adapt and heal through grief and loss is generally vast. Yet grief can become complicated for some. When losses occur in combination with other stressors, mental health deterioration can occur. **The COVID outbreak can feel like a threat that could bring about even more potential loss adding to the older adults' baseline experiences of loss.**

Continues on pg. 5

Good Things To Eat

WATERMELON ICE CREAM

One of the best parts of summer is all the watermelon! I love the light and versatile flavor and textures because they practically scream summer. So, if you find yourself craving some quintessential summer flavors, then look no further!

Smooth, light, and refreshing, this easy to make ice cream is perfect for any BBQ or block party.

INGREDIENTS:

- 2 c. cubed seedless watermelon
- 2 c. whole milk (or half and half)
- 1/4 tsp. vanilla extract
- 2 Tbsp. sugar

PROCESS:

Start by placing all your ingredients in a blender and blend until completely smooth. When you've achieved a perfect texture, pour into a loaf pan and freeze for at least three hours. After the mixture has frozen, scoop it out back into the blender and blend one more time. It's worth it! Last, pour back into the loaf pan and freeze for one more hour before serving.



WATERMELON FRUIT ROLL-UPS

Perfect for trips to the zoo or afternoons at the park, these fruit roll-ups are way better than the store bought ones.

INGREDIENTS:

- 8 c. cubed watermelon
- 1/2 c. sugar
- 1 lime, juiced

PROCESS:

First, begin by heating your oven up to a balmy 170F and prepping a baking sheet with parchment paper. Next, spray your parchment paper with cooking spray to keep things from sticking. After prepping your baking sheet, place the watermelon into a blender and blend until completely smooth.

Then, using a fine mesh strainer lined with cheesecloth, pour your mixture through the strainer. You should end up with about two cups of watermelon solids, and some yummy watermelon juice that you can set aside for another recipe, or a refreshing drink!

Next, mix your watermelon solids, sugar, and lime juice together until well combined. Then spread the mixture over your baking sheet so you have a nice even layer. Last, bake the fruit in your oven until everything is dried out and not sticky. This will take 3-4 hours. To finish, cut the leather into strips, roll up, and store in an airtight container.



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 apts. 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. apts. 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 .

Dentist and Medicaid

The dentists for Cache & Bear Counties for the Aged Medicaid dental program are: Ralph Binns & Jarron Tawzer (both are in the same office) at Tawzer Dental, 1-435-753-1686, 150 E 200 N suite F, Logan, UT 84321.



Jasen Nordberg

Your Trusted Medicare Advisor

(801) 825-4990, TTY 711

7 days a week, 8 a.m. to 8 p.m., local time

MolinaHealthcare.com/Medicare



ROCKY MOUNTAIN
Dermatology
MEDICAL • SURGICAL • COSMETIC

Northern Utah's Premier Skin Care Provider.

Come See Our New Mohs Surgery Center.



1760 N. 200 E. Suite 101
North Logan
435-787-0560

www.rmdmed.com



➤ Reach the Senior Market
ADVERTISE HERE

CONTACT

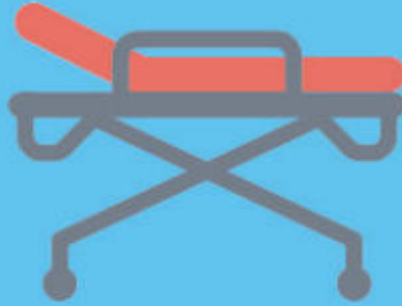
Bill Clough to place an ad today!
wclough@lpiseniors.com or (800) 950-9952 x2635

UPGRADE TO A
VIBRANT ad

Contact us for details • 800-950-9952



CORONAVIRUS PUBLIC HEALTH EMERGENCY



INPATIENT HOSPITAL CARE

Inpatient hospital care is covered under Medicare Part A, and standard coverage rules and cost-sharing apply. Medicare typically covers a semi-private room, but it should cover a private room when it is medically necessary. For example, if a beneficiary needs a private room in order to be quarantined, they should not be asked to pay an additional cost for the private room. If a beneficiary has a Medicare Advantage Plan, they should contact their plan to learn about its costs and coverage rules

ship state health insurance
assistance programs

Disruption in routine, such as eating, sleep, daily structure, sense of purpose, and relationships. **There is a good chance that COVID has affected the older adult's usual routines: where they can shop, eat, walk and socialize.**

Everyone has a role to play in supporting older adults during the COVID outbreak. Here are some things you can do:

1. Regularly check in on your older adult friends, neighbors and family members.
2. Call or video-chat with them, since texting and social media may not be the best method of connecting.
3. Ask how they are doing during this period of time, how their routines might have had to change, and what kinds of things they are doing to cope with the stress.
4. Encourage them to keep doing the activities that are allowable during COVID for their local area, and that they identify as being most helpful for them, such as daily exercise or a walk, stretching, listening to or playing music, reading, enjoying favorite or humorous shows, puzzles, games, social activities, and meditation or prayer.
5. Help them seek medical advice or care if they are experiencing symptoms of physical or mental health decline.
6. Offer to bring them a meal, run an errand, or walk their dog, if your town allows for these activities.
7. Seek advice from them based on their experience and wisdom.
8. Express gratitude and appreciation for any support you get from your relationship with them. Let them know what you admire about the way they conduct their life.

Most importantly, simply communicate regularly with the older adults in your life, and express support. Let them know you're there for them and that you care. Make sure they know you are grateful they're part of your life.

It's important that we all care for each other during this challenging and uncertain time. By taking a few simple actions, you can make all the difference in an older person's life when they may need it the most.

SPREAD THE WORD
A Thriving, Vibrant
Community Matters



SUPPORT OUR ADVERTISERS

► Reach the Senior Market
ADVERTISE HERE

CONTACT

Bill Clough to place an ad today!
wclough@lpiseniors.com or
(800) 950-9952 x2635

The
Tables
of North Logan
Assisted Living
& Memory Care

Take A Tour Today!
Care • Compassion • Comfort



435-258-8828
455 E 2500 N
thetablesassistedliving.com

NEVER MISS A NEWSLETTER !
Sign up to have our newsletter emailed
to you at www.ourseniorcenter.com





Did an ID thief steal your stimulus payment? Report it to us

May 4, 2020

by

Seena Gressin

Attorney, Division of Consumer & Business Education, FTC

Do you think your economic impact payment has landed in the hands of an identity thief? You can report it to the FTC and the IRS at the same time. Here's what to do. Visit IdentityTheft.gov, the government's one-stop resource for people to report identity theft and get a personal recovery plan. Click "Get started." The next page asks, "Which statement best describes our situation?" Click the line that says, "Someone filed a Federal tax return – or claimed an economic stimulus payment – using my information." You're on your way.

IdentityTheft.gov will ask you some questions so that it can complete an IRS Identity Theft

Affidavit (IRS Form 14039) for you, and submit it electronically to the IRS. You can include a personal statement too, to tell the IRS details about how your identity was misused to claim your economic impact payment. You also can download a copy of your completed Affidavit for your files. And, IdentityTheft.gov also will give you a recovery plan with steps you can take to help protect yourself from further identity theft.

Use IdentityTheft.gov to report suspected identity theft only. If you have other concerns about your economic impact payment, visit the IRS's Economic Impact Payment Information Center and Get My Payment Frequently Asked Questions pages for detailed, and frequently-updated, answers to questions. You also can find information here about payments that the IRS may have deposited to an account you don't recognize.

Whether you're waiting for your payment, or even if it's already arrived, keep alert for scammers trying to steal your personal information, your money, or both. Remember, the IRS will not call, text you, email you, or contact you on social media asking for personal or bank account information – even related to the stimulus payments. Also, watch out for emails and texts with attachments or links claiming to have special information about the payments. They're fake, and they may be phishing for your personal information or might download malware to your computer, tablet, or phone.

Craft

Create the look of authentic hobnail milk glass with simple Dollar Tree supplies!

We all love having beautiful homes, but sometimes it's just not in the budget. That is where some good DIY Dollar Tree crafts come into play.

SUPPLIES NEEDED TO MAKE FAUX HOBNAIL MILK GLASS -

- Glass vase (Dollar Tree)
- Pearl stickers (Dollar Tree)
- Dap Rapid Fuse All Purpose Glue
- Rust-Oleum white gloss spray paint
- HOW TO MAKE DIY HOBNAIL MILK GLASS -

Dollar Tree has a large variety of clear glass vases that can be used to make DIY hobnail milk glass. I preferred the small round vase, but any size or shape of vase will work.



STEP ONE: Clean glass with hot soapy water to remove any adhesive stickers.

STEP TWO: The pearl adhesive stickers are connected in rows of twelve. You'll need to pull apart the individual pearls and remove the clear adhesive that connects them.

STEP THREE: Place a small amount of Dap Rapidfuse glue onto the glass vase where you want to place the pearl stickers. Continue around your vase until the entire glass vase is covered in pearls. One sheet of pearl stickers is enough to cover 2-3 vases, depending on how far you space them apart.

STEP FOUR: Spray the entire glass vase (inside and out) with multiple LIGHT coats of Rust-oleum Gloss white spray paint. It will take multiple coats to cover the pink pearl stickers, so be patient and allow each coat to fully dry before applying more paint.

<https://www.littlehouseoffour.com/2019/06/dollar-store-diy-How-to-make-hobnail-milk-glass.html>

Scams and Fraud Concerns

Economic Impact Payments continue to be sent, check IRS.gov for answers to common questions

IR-2020-85, April 30, 2020

WASHINGTON — As Economic Impact Payments continue to be successfully delivered, the Internal Revenue Service today reminds taxpayers that IRS.gov includes answers to many common questions, including help to use two recently launched Economic Impact Payment tools.

The IRS is regularly updating the [Economic Impact Payment](#) and the [Get My Payment tool](#) frequently asked questions pages on IRS.gov as more information becomes available.

Get My Payment shows the projected date when a deposit has been scheduled. Information is updated once daily, usually overnight, so people only need to enter information once a day. Those who did not use direct deposit on their 2018 or 2019 tax return can use the tool to input information to receive the payment by direct deposit into their bank account, so that they can get their money faster.

The [Non-Filers Enter Payment Info tool](#) is helping millions of taxpayers successfully submit basic information to receive Economic Impact Payments quickly to their bank accounts. This tool is designed only for people who are not required to submit a tax return. It is available in English through Free File Fillable Forms and in Spanish through ezTaxReturn.

Frequently asked questions continually updated on IRS.gov

Taxpayers should check the FAQs often for the latest additions; many common questions are answered on IRS.gov already, and more are being developed. Here are answers to some of the top questions people are asking.

Get My Payment says that my Economic Impact Payment was sent to an account I don't recognize.

Why is that, and how do I get my payment?

When some taxpayers file their tax return, they may choose an option available from their tax preparer or software provider to help them pay their fees, get their refund more immediately or even load the refund onto a direct debit card. This group of different products is referred to as refund settlement products. In these situations, taxpayers may:

- Use a banking product to help them complete the tax filing transaction, sometimes referred to as a Refund Anticipation Loan (RAL) or a Refund Anticipation

Check (RAC).

- Choose to have their tax refund loaded onto a debit card provided by a variety of groups in the tax and financial communities.

When you filed your tax return, if you chose a refund settlement product for direct deposit purposes, you may have received a prepaid debit card. In some cases, your Economic Impact Payment may have been directed to the bank account associated with the refund settlement product or prepaid debit card.

If the refund settlement product or the associated account is closed or no longer active, the bank is required to reject the deposit and return it to the IRS. Once the returned payment to the IRS is processed, the "Get My Payment" app will be updated.

Once the returned payment is processed by the IRS, the payment will automatically be mailed to the address on the 2019 or 2018 tax return, or the address on file with the U.S. Postal Service – whichever is more current. The status in Get My Payment will update accordingly.

Timing of this process

depends on several variables, including when and how the payments are rejected and returned to the IRS, when "Get My Payment" updates, and when taxpayers check the tool.

The IRS also noted that it has resolved a reporting error that some taxpayers may have experienced, which inaccurately indicated rejected payments were being sent back to the same taxpayer account a second time. They are actually being mailed to the taxpayers. The IRS has quickly taken steps to correct this reporting error. "Get My Payment" was updated starting Tuesday, April 21 to reflect that the taxpayer's payment has actually been mailed, and not rerouted to a closed bank account.

Continued on pg. 9

Scams and Fraud Concerns

Why am I receiving an error message when entering my personal information or tax information?

To ensure the information is entered correctly, please use the help tips provided when entering the information requested to verify your identity. If the information you enter does not match our records, you will receive an error message. Check the information requested to ensure you entered it accurately. You may want to check your most recent tax return or consider if there is a different way to enter your street address (for example, 123 N Main St vs 123 North Main St). You may also verify how your address is formatted with the US Postal Service (USPS) by entering your address in the USPS ZIP Lookup tool, and then enter your address into Get My Payment exactly as it appears on file with USPS. If you receive an error when entering your Adjusted Gross Income (AGI), refund amount, or amount you owed, make sure you are entering the numbers exactly as they appear on your Form 1040 or tax transcript. If the numbers from your 2019 tax return are not accepted, try the numbers from your 2018 tax return instead.

If the information you enter does not match our

records three times within 24 hours, you will be locked out of Get My Payment for 24 hours for security reasons. You will be able to access the application again after 24 hours. There is no need to contact the IRS.

I think the amount of my Economic Impact Payment is incorrect. What can I do?

If you did not receive the full amount to which you believe you are entitled, you will be able to claim the additional amount when you file your 2020 tax return. This is particularly important for individuals who may be entitled to the additional \$500 per qualifying child dependent payments.

For VA and SSI recipients who don't have a filing requirement and have a child, they need to use the Non-Filers tool on IRS.gov by May 5 in order to have the \$500 added automatically to their \$1,200 Economic Impact payment. We encourage people to review our "How do I calculate my EIP Payment" question and answer.

Quick links to the Frequently Asked Questions on IRS.gov:

Economic Impact Payments: [IRS.gov/eipfaq](https://www.irs.gov/eipfaq)

Get My Payment tool: [IRS.gov/getmypaymentfaq](https://www.irs.gov/getmypaymentfaq)

NEVER MISS A NEWSLETTER !

Sign up to have our newsletter emailed to you at www.ourseniorcenter.com



➤ Reach the Senior Market
ADVERTISE HERE

CONTACT

Bill Clough to place an ad today!
wclough@lpiseniors.com or
(800) 950-9952 x2635

DON'T SHOP. AD PT.



ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



ADT Authorized Provider

SafeStreets

1-855-225-4251



June 2020

Monday	Tuesday	Wednesday	Thursday	Friday
1 Lentil Soup w/ Ham Turkey Sandwich Macaroni Salad Watermelon	2 Chefs Choice	3 French Dip Sandwich Broccoli Salad Fresh Oranges Cookie	4 Meat Loaf Au Gratin Potatoes Green Beans Apricots Roll	5 Tuna Noodle Casserole Beets Applesauce French Bread
8 Cheesy Egg and Sausage Brunch Roasted Veggie Hash Fruit Cocktail Poppy Seed Muffin	9 Polynesian Meatballs Rice Pilaf w/ Quinoa California Blend Veggies Tropical Fruit	10 Chicken & Stuffing Green Beans Sliced Apples Roll	11 Tomato Basil Soup Chef Salad Cheese Biscuit Fruit Jell-O	12 Chefs Choice
15 Chicken Salad Croissant Tomato & Cucumber Salad Potato Chips Fruit & Yogurt	16 Hawaiian Hay Stacks White Rice Green Peas Pineapple Tidbits	17 Spaghetti w/ Meat Sauce Italian Veggies Peaches Garlic Bread	18 Nacho's Grande Refried Beans Fruit Cobbler Fresh Melon	19 Hot Dogs Carrot Salad Potato Chips Watermelon
22 Belgium Waffles w/ Berries Sausage Patty Asparagus Fruit	23 BBQ Ribs Mac & Cheese Coleslaw Fresh Fruit Apple Pie	24 Chefs Choice	25 Club Sandwich Pineapple & Banana Coleslaw Mixed Fresh Fruit Cookie	26 Chicken Pasta Bake Capri Veggies Apple Salad
29 Malibu Chicken Green Beans Roasted Sweet Potatoes Orange Fluff	30 Lemon Pepper Cod Wild Rice Roasted Squash Lemon Pudding w/Fresh Fruit	<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>		<p>Closed</p>

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.

Social Security in Logan

Social Security services are available via web cam in Logan every Thursday from 10:00 am to 3:00 pm at the Department of Workforce Services.

Many Social Security services are available online, including:

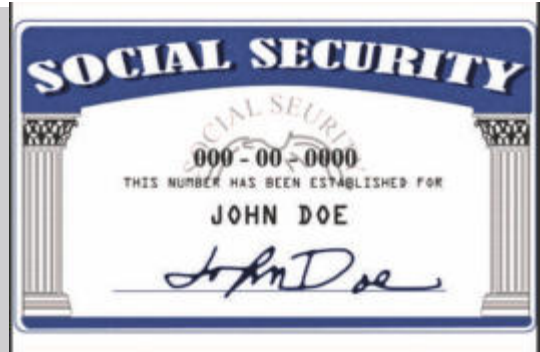
- Applying for Retirement
- Applying for Disability or Medicare benefits
- Change of Address or Direct Deposit
- Request Replacement of Medicare Card
- Request Benefit Verification
- File Representative Payee Accounting
- Use Benefit Planner to Calculate Retirement
- Disability and Survivors Benefit Yard Sales
Automated telephone service is available 24 hours a day 7 days a week .

Website: <http://www.socialsecurity.gov/>

Time: 10:00 am to 3:00 pm

Date: Every Thursday

Location: Workforce Services
180 N 100 W
Logan, UT 84321



**GUARD
YOUR
MEDICARE
CARD.**

Medicare
.gov

Staying Active During the Coronavirus Pandemic

Exercise
is Medicine[®] | AMERICAN COLLEGE
of SPORTS MEDICINE

The coronavirus (COVID-19) pandemic can make it challenging to maintain a physically active lifestyle. COVID-19 is spread by someone sneezing or coughing into the air or onto a surface, and then the virus enters and infects a new person through their mouth, nose or eyes. The most up-to-date information about COVID-19 can be found on the Centers for Disease Control and Prevention (CDC) website: <https://www.cdc.gov/coronavirus/2019-ncov/about/index.html>

Based on what we know about how the virus moves from one person to another, it is recommended to avoid public gatherings and keep a social distance of 6 feet or more. That, along with advice related to personal care (hand washing, not touching your face) has created concern about exercising in gyms, where hundreds of people are in and out every day.

Those at greatest risk for severe complications of COVID-19 are:

- older adults (age 65 and older)
- people with chronic diseases (such as diabetes, heart disease and lung disease)
- those with compromised immune systems (such as those going through cancer treatment or with HIV)

These individuals (and those under "shelter in place" orders) should avoid gyms altogether and exercise at home or in their neighborhood.

For all of us, young and old, regular physical activity is important for staying healthy! Compared to just sitting around most of the time, *moderate-intensity physical activity is associated with better immune function.* Regular physical activity can help *reduce your feelings of stress and anxiety* (which many of us may be feeling in the wake of the COVID-19 pandemic).

The Physical Activity Guidelines for Americans recommends 150-300 minutes per week of moderate-intensity aerobic physical activity and 2 sessions per week of muscle strength training. Fit in 2, 5, 10 or 20 minutes, however and wherever you can. Every active minute counts!

On the following page are some strategies to maintain physical activity and fitness.



Stay positive.
Stay active.
Be smart and safe.

Brought to you By:



NEVER MISS A NEWSLETTER !

Sign up to have our newsletter emailed
to you at www.ourseniorcenter.com



Thrive Locally



For ad info. call 1-800-950-9952 • www.4lpi.com

Cache County Senior Center, Logan, UT

D 4C 05-1038

Senior Fun



Poison Control

As you get older, your body changes. These changes can increase the chances that you'll have side effects when you take medications. Older people often have more health problems and take more medications than younger people.

Because of this, older adults are more likely to experience harmful interactions between different medications. In fact, one in six adults age 65 or older will

likely have one or more harmful reactions to a medication or medications. This is why it's important to identify and help reduce the use of medications that are associated with more risks than benefits in older people.



► Reach the Senior Market
ADVERTISE HERE

CONTACT

Bill Clough to place an ad today!
wclough@lpiseniors.com or
(800) 950-9952 x2635

WE'RE HIRING
AD SALES EXECUTIVES

- Full Time Position with Benefits
- Sales Experience Preferred
- Paid Training
- Overnight Travel Required
- Expense Reimbursement

CONTACT US AT
careers@4LPi.com • www.4LPi.com/careers

SUPPORT THE ADVERTISERS
THAT SUPPORT OUR COMMUNITY

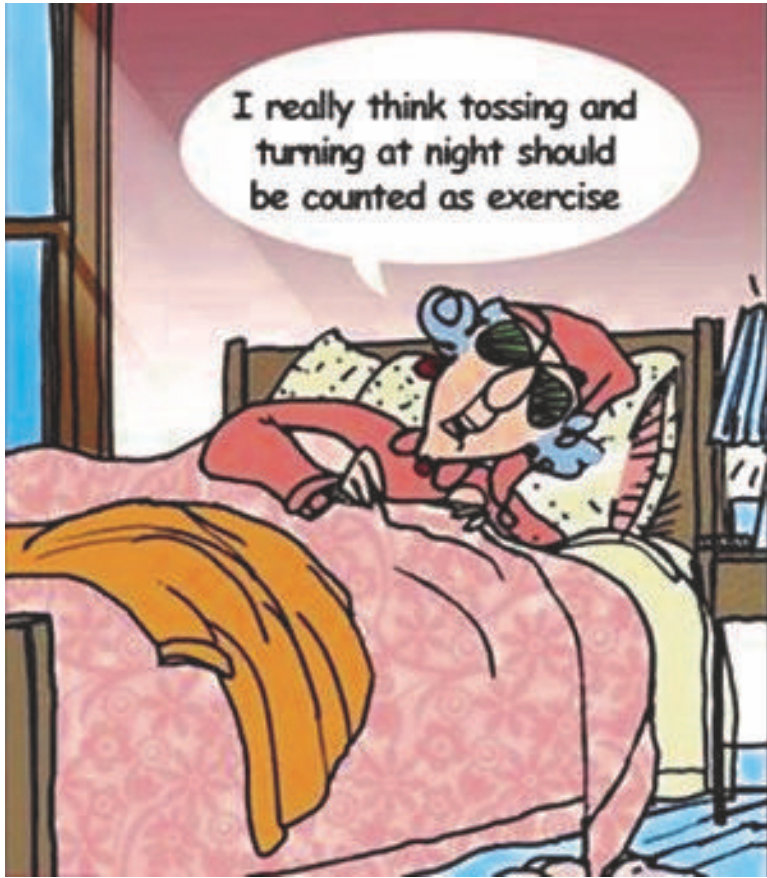


Senior Fun

Vacation

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

ANNIVERSARY	FEAST	OUTING	RESTAURANT
BEACH	FESTIVAL	PAMPER	RETREAT
BISTRO	HAVEN	PARK	SANCTUARY
BREAK	HIDEAWAY	PARTY	SAND
BROADWAY	HIKING	PEAK	SEASHORE
CAFÉ	HOLIDAY	PERFORMANCE	SHELTER
CELEBRATION	HOTEL	PLAY	SHORELINE
COAST	INN	POND	TOUR
CONCERT	JOURNEY	POOL	TRIP
ESCAPE	LODGE	REFUGE	VACATION
EXCURSION	MOUNTAINS	RESORT	VOYAGE
EXPEDITION	MUSEUM	REST	



Crabby Road
Greatest Hits

7-6-12

Summer is really starting to make me sweat... yep, I'm expecting that electric bill anytime now.



©Hallmark Licensing, LLC

Maxine.com

SUPPORT THE **ADVERTISERS**
THAT SUPPORT OUR COMMUNITY



CONTACT

Bill Clough to place an ad today!
wclough@lpiseniors.com or
(800) 950-9952 x2635

ALLEN
MORTUARIES

www.allenmortuaries.net
Logan North Logan

PLAN AHEAD

Pre-arranged funerals can be arranged to cover funeral costs so that no financial burden remains.
For a free consultation, call (435) 752-3245



History did you knows

- **Did you know** Coca-Cola originally contained cocaine
 - **Did you know** the Internet was originally called ARPANet (Advanced Research Projects Agency Network) designed by the US department of defense
 - **Did you know** the first Burger King was opened in Florida Miami in 1954
 - **Did you know** Australia was originally called New Holland
 - **Did you know** in 1878 the first telephone book made contained only 50 names
 - **Did you know** Coca Cola launched its 3rd product Sprite in 1961
 - **Did you know** paper originated from China
 - **Did you know** instant coffee was invented in 1901
 - **Did you know** the word 'testify' derived from a time when men were required to swear on their testicles
 - **Did you know** tennis was originally played with bare hands
 - **Did you know** the Olympic flag was designed in 1913
 - **Did you know** the electric toothbrush was invented in 1939
 - **Did you know** Isaac Newton invented the cat door
 - **Did you know** the Titanic was built in Belfast
 - **Did you know** Hawaii was originally called the Sandwich Islands
 - **Did you know** the doorbell was invented in 1831
 - **Did you know** The first English dictionary was written in 1755
 - **Did you know** Tokyo was once known as Edo
 - **Did you know** the tea bag was invented in 1908
- Did you know** plastic bottles were first used for soft drinks in 1970