

Photo by Mike Bullock

I know that we are ready to go back to normal, we are ready to enjoy all the things we used to! I feel, just like many of you, the frustration of all of this.

We here at the center sure miss all of you! We are anxiously waiting for our doors to open to welcome you. When this does happen the “new norm” will be different. Masks will need to be worn. We will be requiring a temperature check before entering the building. You then will need to check in on our new computer system. We will be on hand to help with this. Our lunch room will be closed from 8:30 am to 11:00 am. Many of our activities that were in this room will be moved to different times and location.

The way the classes were set up before will be different. An activity schedule will be posted and handed out to keep everyone informed.

As we get closer to opening we will share all this new information again.

Looking forward to seeing you very soon.

-Giselle Madrid



I Love a Parade

Love a Parade

I love a parade.

First the flag in all its glory

Hand on heart, we know the story.

Marching bands playing loud

They do their best to please the crowd.

Then the floats as they go by,

Everyone waving or just saying hi.

Children lined up where its handy, to be the first to get candy.

I have loved parades since I was small,

I'm pretty sure I've seen them all.

So when I die I will be, in the grandest parade I'll ever see.

(HOPEFULLY)

Terri Barnes

3/20/2020

5 Surprising Health Benefits of Avocados

These super fruits are not only delicious, but they are also packed with nutritional and health benefits — to your heart, eyes and much more — that may surprise you.

#1: Heart Health

Avocados contain the plant chemical beta-sitosterol which helps maintain healthy cholesterol levels. They are packed with monounsaturated fat and according to the American Heart Association, when monounsaturated fats are eaten in moderation in place of saturated and trans fat, this can help reduce the bad (LDL) cholesterol.

#2: Healthy Eyes

The carotenoids lutein and zeaxanthin are also found in these fruit. Both have been shown to keep the eyes healthy as we age and may help reduce the risk of macular degeneration, the leading cause of vision loss as we get older.

#3: Growth and Development

Avocados contain 3.5 grams of unsaturated fat per 1 ounce serving (about 1/5th an avocado). Studies have shown that unsaturated fat is important for proper growth and development of the central nervous system and the brain of youngsters.

#4: Blood Pressure

Avocados are free of sodium and are recommended while on the DASH Diet – which is the prescribed diet to help lower blood pressure. They also have a nice amount of potassium, which may also help lower blood pressure. Studies have found that when avocados are eaten in place of other fats (like butter and mayo), they can help control blood pressure.

#5: Weight Loss

These babies are brimming with healthy fat, which takes the body longer to digest and help keep you full and satisfied (so you're less likely to snack!). Further, avocados are nutrient-packed with over 20 vitamins, minerals and phytonutrients which is especially beneficial if you're trying to cut calories and keep up with all the nutrition your body needs.

<https://www.foodnetwork.com/healthyeats/recipes/2014/12/5-surprising-health-benefits-of-avocados>



Cucumber and Avocado Salad

This healthy Avocado Cucumber Salad has a citrus dressing with cilantro and garlic. This salad is a great side dish to any meal!

Ingredients

- 2 cucumbers, seeded and cubed (see note)
- 2 firm but ripe avocados, cubed
- 1/4 cup chopped fresh cilantro
- 1 clove garlic minced
- 2 tablespoons minced green onion or sliced red onion
- 1/4 teaspoon salt
- pepper to taste
- 1 tablespoon lemon juice
- 2 tablespoons lime juice

Instructions

In a large bowl, combine cucumbers, avocados, and cilantro.

In a small bowl, whisk together garlic, salt, pepper, lemon and lime juice. Pour over cucumbers and avocados.

Chill for 30 minutes before serving.

Recipe Notes

You can peel the cucumbers or leave the peel on depending on your preference.

Source: Allrecipes

Resources

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. 752-7242.

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.

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



Jasen Nordberg

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Medicare



Dear Marci,
My mother has significant medical needs and has a hard time covering the costs of her care. I want to help her apply for Medicaid, but I think her monthly income might be higher than the income limit in her state. Is it possible that she could still qualify?

-Alfred (Omaha, NE)

Dear Alfred,

If your mother's income is above the Medicaid income guidelines in her state, her state may offer a spend-down for aged, blind, and disabled individuals who do not meet Medicaid income eligibility requirements. A spend-down would allow her to deduct certain medical expenses from her income so that she can qualify for ABD Medicaid benefits. If she has medical expenses that significantly reduce her usable income, she can use them to qualify for Medicaid coverage.

Below is a general guide to the Medicaid spend-down process. Contact your mother's local Medicaid office to learn if a spend-down program is available in her state, and the rules for applying.

Your mother's spend-down amount will be the difference between her income and the Medicaid eligibility limit, as determined by her state over a given length of time (one to six months). Some states require Medicaid beneficiaries to submit receipts or bills to Medicaid to show their monthly expenses. Other states may let beneficiaries pay a monthly premium directly to Medicaid for the amount that their income is over their state's Medicaid spend-down level. Spend-down income limits may be lower than the Medicaid income limits for people who do not have a spend-down.

Each period that your mother has enough medical expenses to meet her spend down, she will have Medicaid coverage. If she does not meet her spend-down amount for a certain period of time, she will not have Medicaid coverage for that time. She can still get Medicaid coverage later if she meets her spend-down amount during another period of the year.

Medicare will pay first for covered services, and Medicaid will pay second for qualifying costs, such as Medicare cost-sharing.

Your mother's state may require her to qualify and apply for spend-down for multiple periods in order to qualify for Medicaid inpatient hospital coverage.

States with spend-down programs may allow people to use the spend-down program to qualify for Medicaid coverage of their nursing facility stays or home- and community-based waiver services.

Note: If your mother's state does not have a spend-down program, it should have more generous Medicaid income guidelines for people who need nursing home care than for those who do not.

Your mother will automatically qualify for Extra Help the first month that she meets her Medicaid spend-down amount until the end of the calendar year (even if she does not meet her spend-down amount every period).

Trusts—such as Miller Trusts and Supplemental Needs Trusts or Special Needs Trusts—are available in some states to help people become Medicaid-eligible. Trusts allow people with disabilities and income or assets higher than Medicaid eligibility guidelines to place a portion of their income or assets into the trust, where it will not be counted. Rules about how these trusts work vary greatly by state. For more information, contact your mother's local Medicaid office or an elder law attorney.

Some states offer the Medicaid Buy-In program, which allows people who are under age 65 and have a disability to work (as little as one hour per month) and still receive Medicaid benefits.

The program is designed to help people with disabilities who would otherwise not be eligible for Medicaid health coverage because their income or assets are too high. If your mother qualifies, she may be able to receive Medicaid by paying a premium to buy in to the program. Financial eligibility guidelines vary by state. Check with your local Medicaid office for eligibility information.

If your mother decides to work and is receiving Social Security Disability Insurance (SSDI) or Supplemental Security Income (SSI), check with her local Medicaid office to see how much earned income she is allowed to have without losing those benefits.

-Marci

2020 needs to just
pull over and let me
out...I'll walk

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KNOW HOW MEDICAID WORKS WITH MEDICARE

If you qualify for a Medicaid program, it may help pay for costs and services that Medicare does not cover.

HERE ARE A FEW EXAMPLES OF HOW MEDICAID CAN WORK WITH MEDICARE:

SECONDARY INSURANCE

When you visit a provider or facility that takes both forms of insurance, Medicare will pay first and Medicaid may cover your Medicare cost-sharing, including coinsurances and copays.

PREMIUM ASSISTANCE

In many cases, if you have Medicare and Medicaid, you will be enrolled in a Medicare Savings Program (MSP). MSPs pay your Medicare Part B premium.

COST-SHARING ASSISTANCE

Depending on income, you may qualify for the Qualified Medicare Beneficiary MSP (QMB). If you are enrolled in QMB, you do not pay Medicare cost-sharing.

PRESCRIPTION DRUG ASSISTANCE

Dually eligible individuals are automatically enrolled in the Extra Help program to help with their prescription drug costs.

CARE COORDINATION

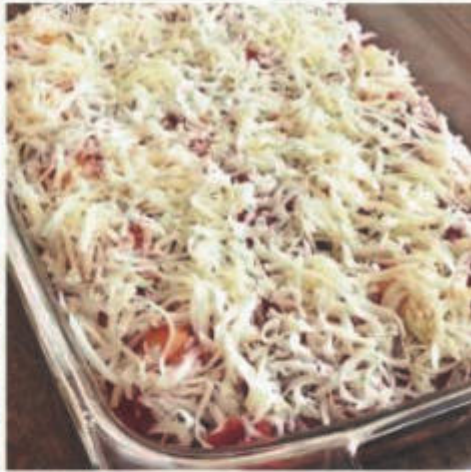
Some states require certain Medicaid beneficiaries to enroll in Medicaid private health plans, also known as Medicaid Managed Care plans. These plans may offer optional enrollment into a Medicare Advantage Plan designed to better coordinate Medicare and Medicaid benefits.

THIS INFOGRAPHIC WAS SUPPORTED, IN PART, BY GRANT NUMBERS 90SATC0001 AND 90MPCRC0001 FROM ACL

LAZY LASAGNA

(3 ingredient baked ravioli)

INSTRUPIX.COM



3 Ingredient Ravioli Bake (A.K.A. Lazy Lasagna)

2020... the year to explore the back of the freezer. Need a easy dinner idea? Look no further.

Instructions

Preheat your oven to 400 degrees and grease a 9x13 baking dish.

Spread about 3/4 cup of your marinara sauce into the bottom of your baking dish.

Arrange half of the frozen ravioli in a single layer over the sauce.

Top with half of the remaining sauce and half of the mozzarella cheese.

Repeat the layers starting with what's left of the frozen ravioli. Finish by topping with the remainder of the sauce and mozzarella. Sprinkle with parmesan if you'd like.

Cover the baking dish with aluminum foil and bake for 30 minutes. Remove the foil and continue baking for about 15 minutes, or until the cheese is bubbly and starting to brown.

Let it cool for 5-10 minutes, and then serve alone or with garlic bread, salad or veggies. Enjoy!

Recipe Notes

Try mixing it up with beef, chicken or spinach stuffed ravioli. You can also add things to the layers like pepperoni slices, sausage, ground beef, fresh basil leaves, veggies or garlic for added variety.

You could also add to or replace the marinara with alfredo sauce

[.https://www.instrupix.com/3-ingredient-ravioli-bake-lazy-lasagna/](https://www.instrupix.com/3-ingredient-ravioli-bake-lazy-lasagna/)

Scams and Fraud Concerns



Securing today
and tomorrow

Coronavirus-Related Medicare Scam Alert

Since older Americans are particularly vulnerable to coronavirus (COVID-19), we want to remind Medicare beneficiaries to be vigilant and take precautions to avoid falling victim to healthcare fraud during this pandemic. We're warning Medicare beneficiaries that scammers may try to use this pandemic to steal their Medicare number, banking information, or other personal data.

Unfortunately, scammers take advantage of the most vulnerable people during times of uncertainty and change. You must protect yourself by making sure you *only* give your Medicare number to your doctor, pharmacist, hospital, health insurer, or other trusted healthcare provider.

If someone calls you on the phone, saying they're from Medicare, and asks for your Medicare number or other personal information – just hang up. Medicare representatives will never:

- Call beneficiaries to ask for or to “verify” Medicare numbers.
- Call to sell you anything.
- Promise you things if you give them a Medicare number.
- Visit you at your home.
- Call you to enroll you in a Medicare program over the phone, unless you called first.

Medicare cards no longer have Social Security numbers on them to reduce fraud and protect beneficiaries from identity theft. Even with this change, you should guard your Medicare card like you would a credit card. Be sure to check your Medicare claim summaries for errors and questionable bills.

If you suspect Medicare fraud, please report it by calling Medicare's toll-free customer service center at 1-800-MEDICARE ([1-800-633-4227](tel:1-800-633-4227)). You can also visit Medicare online at www.medicare.gov/forms-help-resources/help-fight-medicare-fraud.

Senior Mental Health

Intermountain is launching the COVID Emotional Health Relief Hotline for Utah health professionals and community members. The hotline is a free resource for those seeking emotional health guidance during these uncertain times. Callers are connected with a trained caregiver who can provide appropriate self-care tools, peer supports, treatment options, crisis resources, and more. The hotline has been developed in close collaboration with state partners, including the Department of Human Services and the University of Utah Health's UNI Crisis Line. It's available 7 days a week, from 10 am to 10 pm. The phone number is 833.442.2211.

Interpretation services are available.



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Intermountain Healthcare

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July 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<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>		1 Turkey Burger & Fix N's Broccoli Salad Watermelon Chips	2 Oven Fried Chicken Seasoned Corn Fruit Cup Dinner Roll	3 Closed 
		6 Minestrone Soup Turkey Sandwich Roasted Asparagus Carrot Salad	7 Pot Roast Mashed Potatoes Mixed Vegetables Grapes Dinner Roll	8 BBQ Chicken Zucchini Pasta Salad Apple Sauce Biscuit
13 Loaded Baked Potato Roasted Broccoli Spiced Pears Tapioca	14 Chefs' Choice	15 Tortellini Sicilian Veggies Fruit Cup Garlic Bread	16 Split Pea Soup w/ Barley Ham Sandwich Grape Salad	17 Orange Chicken Brown Rice Oriental Veggies Melon Cup
20 White Bean Chicken Chili Normandy Blend Vegetables Apple Sauce Peach Cobbler	21 Chicken Enchilada Casserole Mexican Corn Tropical Fruit Salad w/ Lime Mint	22 Chefs' Choice	23 Chicken Noodle Soup Chef Salad Ambrosia Fruit Salad	24 Closed 
27 Sweet & Sour Pork Steamed Brown Rice Cut Green Mandarin Oranges	28 Pulled BBQ Chicken Sandwich Coleslaw Melon Cup Cookie	29 Lasagna Spinach Strawberry Salad Mandarin Oranges Garlic Bread Stick	30 Chicken & Brown Rice Savory Carrots Fruit Salad	31 Pig in a Blanket Baked Beans Creamy Cucumber Salad Cascade Veggies

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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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.



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Stay active.
Be smart and safe.

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D 4C 05-1038

Health and Wellness

Use this checklist to find and fix hazards in your home.

STAIRS & STEPS (INDOORS & OUTDOORS)

Are there papers, shoes, books, or other objects on the stairs?

- Always keep objects off the stairs.

Are some steps broken or uneven?

- Fix loose or uneven steps.

Is there a light and light switch at the top and bottom of the stairs?

- Have an electrician put in an overhead light and light switch at the top and bottom of the stairs. You can get light switches that glow.

Has a stairway light bulb burned out?

- Have a friend or family member change the light bulb.

Is the carpet on the steps loose or torn?

- Make sure the carpet is firmly attached to every step, or remove the carpet and attach non-slip rubber treads to the stairs.

Are the handrails loose or broken? Is there a handrail on only one side of the stairs?

- Fix loose handrails, or put in new ones. Make sure handrails are on both sides of the stairs, and are as long as the stairs.

FLOORS

When you walk through a room, do you have to walk around furniture?

- Ask someone to move the furniture so your path is clear.

Do you have throw rugs on the floor?

- Remove the rugs, or use double-sided tape or a non-slip backing so the rugs won't slip.

Are there papers, shoes, books, or other objects on the floor?

- Pick up things that are on the floor. Always keep objects off the floor.

Do you have to walk over or around wires or cords (like lamp, telephone, or extension cords)?

- Coil or tape cords and wires next to the wall so you can't trip over them. If needed, have an electrician put in another outlet.

KITCHEN

Are the things you use often on high shelves?

- Keep things you use often on the lower shelves (about waist high).

Is your step stool sturdy?

- If you must use a step stool, get one with a bar to hold on to. Never use a chair as a step stool.

BEDROOMS

Is the light near the bed hard to reach?

- Place a lamp close to the bed where it's easy to reach.

Is the path from your bed to the bathroom dark?

- Put in a nightlight so you can see where you're walking. Some nightlights go on by themselves after dark.

BATHROOMS

Is the tub or shower floor slippery?

- Put a non-slip rubber mat or self-stick strips on the floor of the tub or shower.

Do you need some support when you get in and out of the tub, or up from the toilet?

- Have grab bars put in next to and inside the tub, and next to the toilet.



We encourage you to learn more about important safety issues like preventing poisonings, transportation safety, and slips, trips, and falls.

Falls are the leading cause of fatal and non-fatal injuries for older Americans. Falls threaten seniors' safety and independence and generate enormous economic and personal costs.

However, falling is not an inevitable result of aging. Through practical lifestyle adjustments, evidence-based falls prevention programs, and clinical-community partnerships, the number of falls among seniors can be substantially reduced.

Health and Safety

With summer approaching fast, exercising outdoors may become a part of your routine. Being active outdoors is a great way to have fun and get moving, but there are a few things you may want to keep in mind to stay safe. Walking on sidewalks or smooth paths and dressing for the weather can help keep you safe as the weather gets warmer.

Think ahead about safety.

- Carry your ID with emergency contact information and bring a small amount of cash and a cell phone with you, especially if walking alone. Stay alert by not talking on the phone as you walk and keeping the volume low on your headphones.
- Let others know where you're going and when you plan to be back.
- Stick to well-lit places with other people around.
- Be seen to be safe. Wear light or brightly colored clothing during the day. Wear reflective material on your clothing and carry a flashlight at night. Put lights on the front and back of your bike.
- Wear sturdy, appropriate shoes for your activity that give you proper footing.



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Writing Submissions

What I did during the Coronavirus

I did a lot of cleaning the house upstairs and downstairs. I have the cleanest house in Logan. I've moved the furniture around and dusted a lot of places I never dust. I've put a lot of stuff in boxes and put away things I don't want. I shower everyday just to pass time away; they call me Mr. Clean. I've got a sore butt from sitting too much. I watch lots of television, put together puzzles. I get very bored just me all by myself. I get a lot of yard work done.

I went to Sam's Club but there were too many people there so I came back home. One thing about this whole thing is that gas about \$1.50 a gallon but we can't go anywhere. We all have to stay inside and be safe.

Good thing about the Center is that it's opened to go get a sack lunch. We love the people that put in their time to help the old people so they can have food and many other things they give out.

At the stores the shelves are empty. There is no toilet paper, no canned soup, no cleaning stuff or no paper towels or paper plates. People are getting into fights over toilet paper. People are standing in long lines to feed their families. They fill their shopping carts full to the top and underneath the cart.

Two thousand people standing in line to get unemployment because they got laid off. Health care workers are running out of gloves and face masks. Now everyone is trying to get some for them. Everyone has to stay 6 feet apart with no contact; no shaking hands or giving hugs. (This is hard for me).

Lots of people are staying home and there are less cars on the road. Restaurants are closed. Fast food places only have drive-through opened. Bars, schools, churches, temples and libraries are all closed. There are so many small businesses that are also closed. Lots of people are out of work. If you go out to eat it is a drive through or curbside only. You don't even have to get out of your car. Airplanes aren't flying, busses aren't driving. They have closed the international borders for travel.

We are ordered to stay at home and be safe. Also, all missionaries that were out of the country have now returned safely to their families in the U.S. We are all supposed to stay home for weeks to flatten the curve of this novel coronavirus. We will stay strong through this and hopefully will learn more about this virus and get a vaccine in the near future.

April 21, 2020

Darrell Johnson

Dr. Appointment Tips

4 Tips to Help You Remember the Doctor's Instructions

No matter what your age, it's easy to forget a lot of what your doctor says. Even if you are comfortable talking with your doctor, you may not always understand what he or she says. So, as your doctor gives you information, it's a good idea to check that you are following along. Ask about anything that does not seem clear. For instance, you might say: "I want to make sure I understand. Could you explain that a little more?" or "I did not understand that word. What does it mean?"

Another way to check is to repeat what you think the doctor means in your own words and ask, "Is this correct?" Here are some other ideas to help make sure you have all the information you need.

Take notes. Take along a notepad and pen and write down the main points, or ask the doctor to write them down for you. If you can't write while the doctor is talking to you, make notes in the waiting room after the visit. Or, bring an audio recorder along and (with the doctor's permission) record what is said. Recording is especially helpful if you want to share the details of the visit with others.

Get written or recorded materials. Ask if your doctor has any brochures, DVDs, or other materials about your

health conditions or treatments. For example, if your doctor says that your blood pressure is high, he or she may give you brochures explaining what causes high blood pressure and what you can do about it. Ask the doctor to recommend other sources, such as websites, disease management centers, nonprofit organizations, and government agencies that may have written or recorded information you can use.

Talk to other members of the healthcare team. Sometimes, the doctor may want you to talk with other health professionals who can help you understand and carry out the decisions about how to manage your condition. Nurses, physician assistants, pharmacists, and occupational or physical therapists may be able to take more time with you than the doctor.

Call or email the doctor. If you are uncertain about the doctor's instructions after you get home, call the office. A nurse or other staff member can check with the doctor and call you back. You could ask whether the doctor, or other health professional you have talked to, has an email address or online health portal you can use to send questions.



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