

Cache County Senior Center

August 2020

Photo by Mike Bullock

Commodities:
Wednesday August
5th: 11am-2pm

August is here! How can this be? Some days I have felt as if time is going very slow and other times I feel as if the time is going way too fast. COVID has really changed everything for all of us. We still have not heard as to when we are going to open up. I know that everyone is anxious and ready to return to the fun! We have decided to step out a little and try a few new activities, social distancing of course. I wanted to send a big THANK YOU to all of our volunteers on the MOW routes. We are so thankful for your time and your willingness to help. With the summer being extra busy and then throwing the wrench in of COVID I am amazed by each and every one of you that helps. Thank You!

We are planning a fun event in your honor, more details to come!

Giselle Madrid



**CALLING FOR
VOLUNTEER DRIVERS
TO HELP WITH
MEALS ON WHEELS**

1 HOUR, 1 DAY PER WEEK! LETS DO LUNCH!

HELP DELIVER LUNCH TO HOMEBOUND ADULTS IN OUR COMMUNITY
CALL JAYCEE HARRISON @ 435-755-1720 FOR MORE INFO!

Made with PosterMyWard.com

Good Things To Eat

We've got the perfect dessert to make with all of that zucchini:

Mock Apple Crumb Pie made with Zucchini!

Slices of zucchini really do resemble the texture of sliced apples in baked goods, and when they are flavored with some apple pie seasonings – I guarantee – your family will never guess that this Mock Apple Crumb Pie was made with slices of zucchini instead of apple slices.

INGREDIENTS

Crust:

1 9-inch pie crust, unbaked

Filling

2 large zucchini

3 tablespoons lemon juice

1/8 teaspoon salt

1 1/4 cups light brown sugar

1 1/2 teaspoons ground cinnamon

1/8 teaspoon ground nutmeg

2 teaspoons cream of tartar

1/4 cup all-purpose flour

Topping

1 cup all-purpose flour

1/2 cup granulated sugar

1/4 cup light brown sugar

1 1/2 teaspoons ground cinnamon

1/2 teaspoon salt

6 tablespoons chilled unsalted butter, cut into 1/2-inch cubes

Vanilla ice cream, for serving



INSTRUCTIONS

Line a deep dish pie plate with the pie crust and crimp the edges. Set aside in the refrigerator while you prepare the filling and the topping. Preheat oven to 400 degrees F.

To prepare the filling, peel the zucchini and slice in half lengthwise. Using the tip of a spoon, remove all seeds. Slice the zucchini into 1/4-inch slices crosswise. You should have approximately 6 cups of zucchini slices.

Place the zucchini slices into a large skillet along with the lemon juice and salt. Cook over medium heat, tossing frequently until tender-crisp, similar to the texture of a slice of apple. (Also avoid browning the zucchini.) Remove from heat to cool slightly.

In a large mixing bowl, stir together brown sugar, cinnamon, nutmeg, cream of tartar and flour. Add the cooked zucchini to the cinnamon mixture and stir to combine. (It's fine if there are juices in the bottom of the bowl.)

To prepare the topping, place flour, both sugars, cinnamon and salt into the bowl of a food processor and pulse once or twice to combine. Add the chilled butter to the mixture and pulse again repeatedly until the mixture in the bowl resembles wet sand.

Pour zucchini filling into the prepared pie crust. Pour the topping mixture evenly over the top of the filling. Bake for 30 minutes or until the topping is golden brown and the filling is bubbling thickly at the edges.

Remove pie from the oven and cool on a wire rack for approximately 1 hour to set.

Serve warm with vanilla ice cream. <https://www.afamilyfeast.com/mock-apple-crumb-pie-made-with-zucchini/>

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, at 435-760-4472

	<p>ROCKY MOUNTAIN <i>Dermatology</i> MEDICAL • SURGICAL • COSMETIC</p> <p>Northern Utah's Premier Skin Care Provider.</p> <p>Come See Our New Mohs Surgery Center.</p>  <p>1760 N. 200 E. Suite 101 North Logan 435-787-0560</p> <p>www.rmdmed.com</p> 	
--	---	---

➤ 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

Medicare



Will Medicare cover my skilled nursing facility care?

Dear Marci,

I have a surgery scheduled soon and will probably need to stay in a skilled nursing facility to recover afterward. Will Medicare cover my stay in the skilled nursing facility?

-Megumi (Honolulu, HI)

Dear Megumi,

Skilled nursing facility (SNF) care is post-hospital care provided at a SNF. Skilled nursing care includes services such as administration of medications, tube feedings, and wound care. Keep in mind that SNFs can be part of nursing homes or hospitals.

Medicare Part A may cover your SNF care if:

- You were formally admitted as an inpatient to a hospital for at least three consecutive days
- You enter a Medicare-certified SNF within 30 days of leaving the hospital, and receive care for the same condition that you were treated for during your hospital stay. And, you need skilled nursing care seven days per week or skilled therapy services at least five days per week.

The day you become an inpatient counts toward your three-day inpatient stay to qualify for Medicare-covered SNF care. However, the day you are discharged from the hospital does not count toward your qualifying days. Also remember that time spent receiving emergency room care or under observation status does not count toward the three-day hospital inpatient requirement for SNF coverage.

If you meet all the above requirements, Medicare should cover the SNF care you need to improve your condition, maintain your ability to function, or prevent your health from getting worse.

Note: Because of the coronavirus public health emergency, Medicare has removed the three-day qualifying hospital stay requirement for beneficiaries who experience dislocation or are otherwise affected by the coronavirus public health emergency. According to Medicare, this waiver includes but is not limited to beneficiaries who:

- Need to be transferred to a SNF, for example, due to nursing home evacuations or to make room at local hospitals
- Need SNF care as a result of the current public health emergency, regardless of whether they were previously in the hospital

Speak to your doctor or hospital discharge planner if you need help finding a SNF that meets your needs. Ask them to find Medicare-certified SNFs in your area that will address your medical needs. If you are in a Medicare Advantage Plan, contact your plan to find out which SNFs are in their network.

-Marci





STRUGGLING TO AFFORD YOUR HEALTHCARE?

If you have Medicare and you're facing challenges with paying for healthcare, you may be eligible for programs that can help you save money on Medicare and drug costs!

ASK YOUR SHIP FOR HELP!
FIND YOUR SHIP at www.SHIPTACENTER.org



We are happy to help with any questions that you may have.

Give Giselle or Colby a call at 755-1720 to schedule an apt. today.

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



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

Cache County Senior Center, Logan, UT

B 4C 05-1038



CRAFT CLASS

Social
distancing
and masks!

Under the
Pavilion next to
the Center

Join Us for a fun craft on
Friday, August 14th at
9am under the pavilion!
Call to reserve your spot

435-755-1720

Made with PosterMyWall.com

FREE HELP for COVID-19 related stress

THE UTAH STRONG RECOVERY PROJECT

If you or someone you know is experiencing stress, anxiety or depression because of COVID-19, talk to a crisis counselor seven days a week, 7a-7p. All information is confidential and free of charge.

Services include:



emotional
support



crisis
counseling



copng
strategies



mental health
education



referrals if
more help is
needed

Call/Text: 385-386-2289

Email (first name and phone number only):

UtahStrong@utah.gov

For immediate response after hours:

1-800-273-TALK (8255)

Counseling in Spanish and other languages available.

Operated by the Utah Department of Human Services, Division of Substance Abuse and Mental Health through a FEMA grant, facilitated by the Substance Abuse and Mental Health Services Administration



The Utah Strong Recovery Project is offering counseling for COVID-19 stress relief available in multiple languages including Afrikaans, Spanish, Navajo, French and more. The other languages are through a translation service where an operator will help with live translation in any number of languages. All information is confidential and services are free of charge. Talk to a Utah Strong Recovery Project counselor seven days a week 7 a.m. to 7 p.m. by calling/texting 385-386-2289 or email your first name and phone number to UtahStrong@utah.gov.



BINGO

Monday, August 17th

9 a.m. Senior Center Parking Lot

Play from your car! Win prizes! Have fun!

We Hope to See You There!

240 N 100 E, Logan UT

Made with PosterMyWall.com

Information

7 tips to keep your dog from overheating

1. Keep your dog hydrated with fresh, cool water. Carry a water bottle or portable water bowl.
2. Ask your vet if you should trim your dog's hair shorter than usual for the summer.
3. Provide shade.
4. Take frequent breaks and don't play too hard.
5. Provide good air flow with a fan or air conditioning.
6. Decrease your dog's activity and avoid the hottest parts of the day. On really hot days, keep your dog inside.
7. Never leave your dog in the car on hot days.

A good rule of thumb: If it's too hot for you, it's too hot for your canine companion, says Katie True, a veterinarian and medical director of Midtown Animal Hospital in Sacramento, California. However, it depends on the dog's health, activity and acclimation to the climate, she adds.

Heatstroke may occur when a dog's body temperature (normally around 101.5 degrees) rises to 106 degrees or higher. One of the most common causes of heatstroke is leaving a dog in a hot vehicle without sufficient air flow. Never leave a dog alone in a car, especially in the summer, even with the windows partially open.

As you walk your dog, remember that ground surfaces like asphalt, sand and metal absorb heat from the sun and can become so hot they can burn the sensitive pads of paws. If you think these surfaces might be too hot, guide your dog to the grass or

<https://www.aarp.org/home-family/friends-family/info-2020/protect-dog-from-overheating.html>

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 P.T.**



ADT-Monitored Home Security
Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide

ADT Authorized Provider | SafeStreets | **1-855-225-4251**



August 2020

Monday	Tuesday	Wednesday	Thursday	Friday
3 Spaghetti w/Meat Sauce Steamed Broccoli Berry Fruit Tart Garlic Bread	4 Hawaiian Haystacks Buttered Peas Pineapple & Mandarin Oranges Corn Muffin	5 Chicken Alfredo Italian Veggies Ambrosia Fruit Salad Roll	6 Sloppy Joes Cauliflower Slaw Potato Chips Fruit Salad	7 Pinto Bean & Ham Soup Egg Salad Sandwich Coleslaw Peaches
10 Sheppard's Pie Mixed Salad Spiced Apples Dinner Roll	11 Roasted Chicken & Rice Apricot Glaze Veggie Salad Fresh Orange Slices Cookie	12 Hearty Beef Stew Spinach Salad Pear Crisp Bread Stick	13 Tilapia Rice Pilaf Butternut Squash Lemon Pudding w/Fresh Fruit	14 Pizza Caesar Salad Mixed Fruit Cobbler
17 Sliced Ham Mac & cheese Peas & Carrots Mixed fruit Poppy Seed Muffin	18 Chicken Fajitas Spanish Rice Cucumber-Tomato Salad Watermelon	19 Busy Day Steak Mashed Potatoes & Gravy California Blend Veggies Pears Roll	20 Hamburgers Lettuce/Tomato & Pickles Chips Coleslaw Fruited Jell-O	21 Chef's Choice
24 Swiss Cheese Chicken Roasted Potatoes Green Beans Fruit Cocktail Dinner Roll	25 Tuna Salad Sandwich Creamy veggie soup Broccoli salad Mixed fruit	26 Butternut Squash Soup Spinach Salad w/Strawberries Raspberry Muffin	27 Chicken Stuffing Bake Green beans Melon Cup Wheat roll	28 Pork Carnitas Spanish Rice Mixed Bean Salad Wheat Tortilla Pineapple Tidbits
31 Belgium Waffles w/ Berries Scrambled Eggs w/ Sausage Asparagus Fresh Fruit & Yogurt	<div style="border: 1px solid black; padding: 10px; margin: 10px auto; width: 80%;"> <p><i>Our doors open at 8:30 a.m. and we close at 4:00 p.m. Meals are available to pick up from 11 am -2 pm Please make a reservation to by 3:00 p.m. the day before.</i></p> </div>			

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.

Health and Wellness

5 Action Steps for Helping Someone in Emotional Pain

 <p>ASK</p> <p>"Are you thinking about killing yourself?"</p>	 <p>KEEP THEM SAFE</p> <p>Reduce access to lethal items or places.</p>	 <p>BE THERE</p> <p>Listen carefully and acknowledge their feelings.</p>	 <p>HELP THEM CONNECT</p> <p>Save the National Suicide Prevention Lifeline number 1-800-273-8255.</p>	 <p>STAY CONNECTED</p> <p>Follow up and stay in touch after a crisis.</p>
---	--	--	---	---

For more information on suicide prevention: www.nimh.nih.gov/suicideprevention

NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

Veterans Crisis Line
1-800-273-8255 PRESS 1

If You Know Someone in Crisis

Call the National Suicide Prevention Lifeline (Lifeline) at 1-800-273-TALK (8255), or text the Crisis Text Line (text HELLO to 741741). Both services are free and available 24 hours a day, seven days a week. The deaf and hard of hearing can contact the Lifeline via TTY at 1-800-799-4889. All calls are confidential. Contact social media outlets directly if you are concerned about a friend's social media updates or dial 911 in an emergency. Learn more on the Lifeline's website or the Crisis Text Line's website.

CRISIS TEXT LINE |
Text HELLO to 741741
Free, 24/7, Confidential

The Veterans Crisis Line connects Service members and Veterans in crisis, as well as their family members and friends, with qualified, caring Department of Veteran's Affairs (VA) responders through a confidential toll-free hotline, online chat, or text messaging service. Dial 1-800-273-8255 and Press 1 to talk to someone or send a text message to 838255 to connect with a VA responder. You can also start a confidential online chat session at veteranscrisisline.net/get-help/chat.

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





COOKING CLASS

AT SENIOR CENTER PAVILION

AUGUST 26 - 9:00 A.M.

Hosted by our very own cook- Sue!

Come with a mask, ready to have a
good time with yummy food!

We will be practicing social distancing!

Made with PosterMyWall.com

Cache County Abatement

Tax Abatement

Cache County has a variety of property tax relief programs; Veteran with a Service Related Disability, Active Duty Armed Forces, Blind, Homeowner's Credit (Circuit Breaker). All applications must be submitted on an annual basis with the exception of the disabled veteran's exemption that only has to be renewed when there is a change in circumstance like percentage of disability or residence. On all property tax relief only the primary residence and up to one acre of primary residential land is eligible. All applicants must complete the Combined Tax Relief form before September 1st and provide all required documentation to verify eligibility. We strongly encourage applicants to apply early. Application forms can be found online on the auditor's website at www.cachecounty.org/auditor under "Tax Relief" or can be picked up at the county administration building in the auditor's office at 179 North Main Suite 102. It is helpful to review the application to ensure you have all the required documentation before submitting the application to the auditor's office. Citizens with questions can call Chief Deputy Auditor Dianna Schaeffer at (435)755-1706.



► 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



WHO SHOULD I CONTACT IF...

A

B

C

D

E

F

G

H

I

J

K

L

M

N

O

P

Q

R

S

T

U

V

W

X

Y

Z

I have a quality-of-care concern?

- Call your BFCC-QIO if the concern is about a physician, inpatient hospital, hospital outpatient department, hospital emergency room, skilled nursing facility, home health agency, or ambulatory surgery center. Find your state BFCC-QIO phone number by visiting www.qioprogram.org/contact.

I have a complaint about my Medicare Advantage or Part D Prescription Drug Plan?

- Call 1-800-MEDICARE to file your complaint.

I have a complaint about my durable medical equipment supplier?

- Call your supplier to submit your complaint. You can also call 1-800-MEDICARE.

I suspect that a provider or Medicare private plan is engaging in Medicare fraud, abuse, or misleading marketing?

- Contact your provider or plan first to clarify and check if they made a billing error.
- Contact your Senior Medicare Patrol (SMP) at 1-877-808-2468 or www.smpresource.org.
- Call the Inspector General's Medicare fraud helpline: 1-800-HHS-TIPS.

I have questions about my Medicare Part A or B enrollment or my Social Security benefits?

- Visit your local Social Security Administration (SSA) office or call the SSA helpline at 1-800-772-1213.

I need help enrolling in assistance programs, appealing a denial in service, choosing a new plan, or understanding my benefits?

- Contact your State Health Insurance Assistance Program (SHIP) at 1-877-839-2675 or at www.shiptacenter.org.

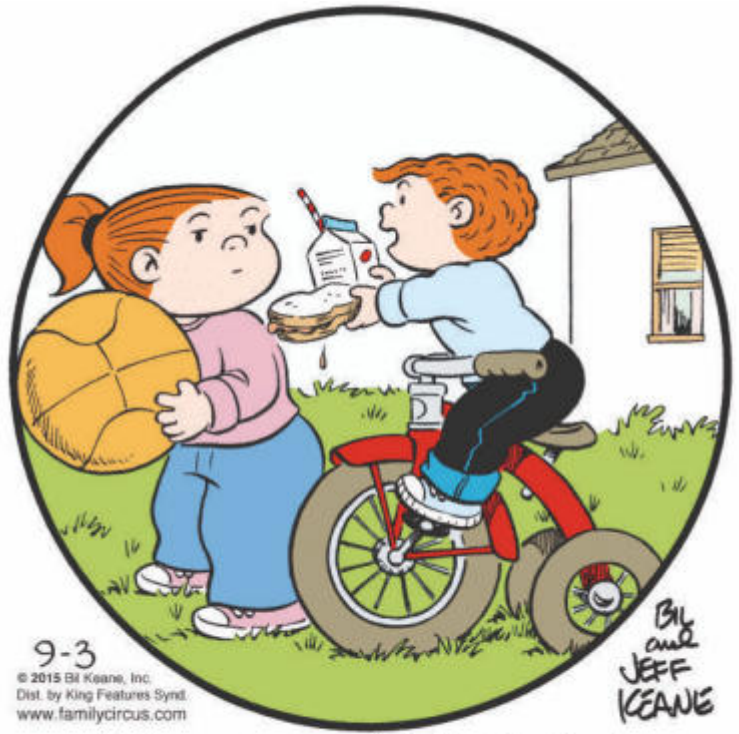
Information provided by
Medicare Rights Center,
SHIPTAC, & SMPNRC.



Supported by grant
numbers 90SATC0001 and
90MPPRC0001 from ACL.

Summer time

I love summer! Summer is hot.
 It's sun and shade.
 It's water to wade.
 It's frogs and bugs.
 It's grass for rugs.
 It's eating outside.
 It's a tree-swing ride.
 It's tomatoes and corn.
 It's dew in the morn.
 It's dogs and boys
 And lots of noise.
 It's a hot sunny sky.
 It's summer. That's why.
 I love summer!



9-3

© 2015 Bill Keane, Inc.
 Dist. by King Features Synd.
 www.familycircus.com

Bill
 and
 Jeff
 Keane

"Here you go, Dolly. Today's lunch is being delivered by 'Meals on Wheels.'"

SUPPORT THE **ADVERTISERS**
 THAT SUPPORT OUR COMMUNITY



➤ Reach the Senior Market
ADVERTISE HERE

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



Senior Fun

