

Cache County Senior Center

September 2020

Photo by Mike Bullock

Even though our doors have been temporarily closed, we are continuing to prepare, package and deliver meals to those who are homebound. We are also handing out Grab-n-Go meals. If you know of anyone needing any of these services please share our information.

We have had a generous donation of adult disposable underwear. Because our clients that are home bound have a more difficult time going out into the community, we have made sure that each participant on the meals on wheels program received two packages. We have reserved the rest for our take out clients and have set the products out to take. We still have some, mostly small in size. If you are needing some please call us 755-1720 we are happy to hand those out.

We are so grateful for our partnerships in the valley. We have had a variety of donations and we are so thankful to each and every organization. We truly live in the best place.-
-Giselle Madrid

YOU VS. FLU



September 24

11 am-2 pm

call 755-1720 to sign up and

RSVP

Cache County Senior

Citizens Center

240 N 100 E

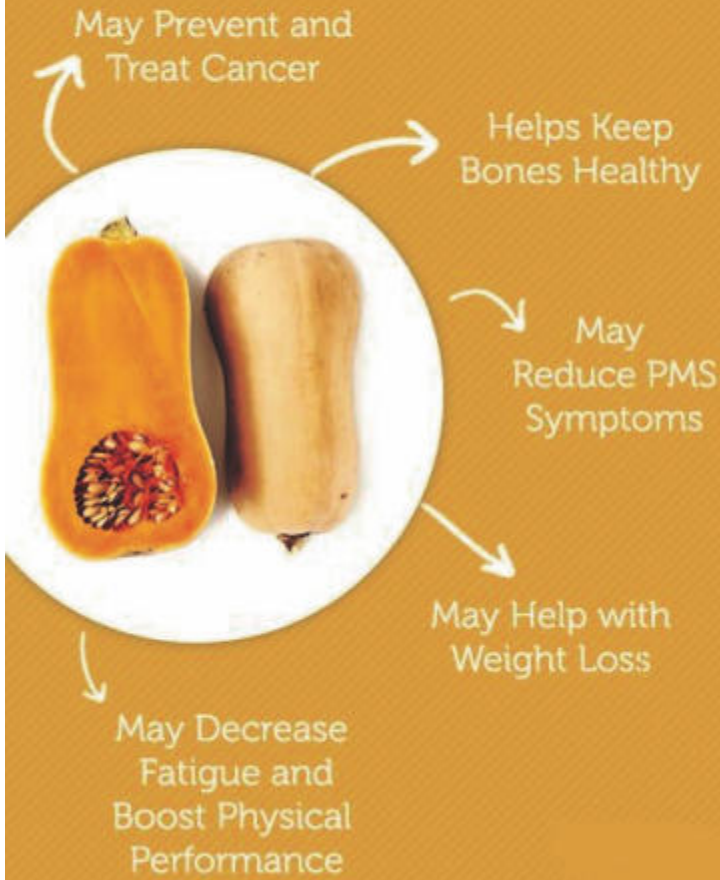
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Get The Shot NOT The FLU

Don't forget to mark your calendar for this one day event!



5 Potential Health Benefits of BUTTERNUT SQUASH



Tonight, before you go to sleep, think of something that makes you smile. There is always something, no matter how bad your day may have been. you will sleep better, you will feel better once you wake and you will face your new day with a positive mind. Take charge of your happiness.



Squash Dip

This is a creamy butternut squash dip made with goat cheese and roasted garlic then topped with a sprinkling of pine nuts. A beautifully colored dip for fall entertaining. Serve with chips or slices of french bread. (If you don't want to try goat cheese you can use cream cheese instead.)



Ingredients

- 1 medium butternut squash, halved and seeded
- 3 tablespoons olive oil
- 1 whole head garlic
- 1 (11 ounce) log goat cheese
- 1 lemon, juiced
- ¼ cup toasted pine nuts

Directions

Step 1

Preheat the oven to 350 degrees F (175 degrees C). Brush the cut side of the squash halves with some of the olive oil, and place them oiled side down on a baking sheet. Cut the top off of the head of garlic, and drizzle the remaining olive oil over it. Wrap in aluminum foil, and place on the baking sheet with the squash.

Step 2

Bake for about 40 minutes, or until the squash can easily be pierced with a fork. Scoop the squash out of its skin, and place in a serving bowl. Squeeze the cloves of garlic out of their skins, and into the bowl with the squash. Mash until smooth. Stir in the goat cheese and lemon juice until well blended. Sprinkle walnuts over the top. Serve warm or at room temperature.

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Medicare



Dear Marci,
I'm 68 years old, I have Medicare, and I'm very healthy. My daughter recently suggested that I should consider putting together an advance directive and some other documents about my health care preferences in the future. What is this, and why would I need one if I'm healthy and able to communicate about my preferences?
-Marisol (Tampa, FL)

Dear Marisol,
Advance directives and living wills are legal documents that give instructions to your family members, health care providers, and others about the kind of care you would want to receive if you can no longer communicate your wishes because you are incapacitated by a temporary or permanent injury or illness. Other kinds of documents, like health care proxies and powers of attorney, appoint a trusted individual to make certain kinds of decisions on your behalf in certain situations. Many people assume that their family members would automatically be able to make decisions about medical treatments if they were to become incapacitated. Each state has different rules regarding who becomes the default decision-maker if you do not have a health care proxy or some other means of expressing your treatment wishes. If you become unable to make medical decisions because you are incapacitated by a temporary or permanent injury or illness, anyone from your next of kin to hospital administrators could be making treatment decisions on your behalf.

If you are able, it is important you put your health care wishes in writing. If you do not:

- Your family may have to go through a costly and time-consuming court process to get the legal right to make medical decisions for you (called guardianship or conservatorship).
- Your family members may disagree on who should make medical decisions on your behalf, which could lead to legal disputes.
- Someone unfamiliar with your preferences may be placed in charge of your treatment decisions.

It is therefore important to have a plan ahead of time to avoid disagreements around treatment issues if you are incapacitated. Advance directives, living wills, health care proxies, and powers of attorney can help ensure that decisions made on your behalf meet your needs and preferences:

Health care proxy: A document that names someone you trust as your proxy, or agent, to express your wishes and make health care decisions for you if you are unable to speak for yourself.

Living will: A written record of the type of medical care you would want in specific circumstances.

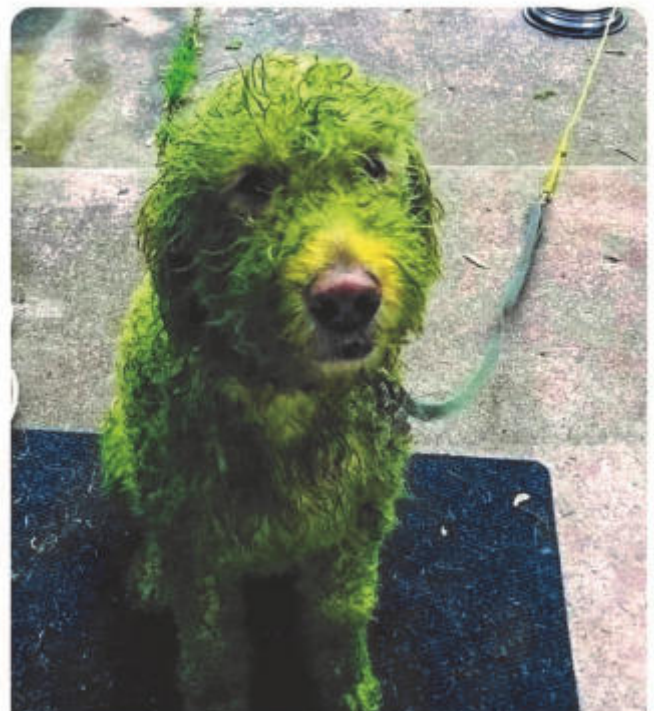
Advance directive: Often refers to a combination of the living will and health care proxy documents.

Power of attorney: A document—typically prepared by a lawyer—that names someone you trust as your agent to make property, financial, and other legal decisions on your behalf.

You may choose to appoint the same person to be in charge of your medical and financial decisions by naming them your health care proxy and granting them power of attorney. However, doing so usually requires two separate documents. If you have an advance directive, your doctors should make note of it in your medical record. Be sure to give these documents to the hospital each time you are admitted.

-Marci

Wet white dog. Freshly mowed lawn.
What could possibly go wrong?



Masks



We need your help!! We want to ensure that everyone has a few masks when our doors open. If you could help with this it would be amazing!! Sign up with Hyrum Humanitarian Center or pick up a kit here from the Center. Each kit has 10 masks. We don't need materials for the masks, they are already in the kit, we just need people to sew them. It takes anywhere from 15-30 minutes to sew a mask. Call with any questions 755-1720.

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BINGO



41



BINGO

**Wednesday, September 9th
&**

Friday, September 25th

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

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17

CRAFT CLASS

CRAFT CLASS

Social
distancing
and masks!

Under the
Pavilion next to
the Center

Join Us for a fun craft on
Tuesday, September 15th
at 9am under the pavilion!
Call to reserve your spot

435-755-1720

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Scams and Fraud Concerns

What should I do if I get a call claiming there's a problem with my Social Security number or account?

If there is a problem, we will mail you a letter with your Social Security number. Generally, we will only contact you if you have requested a call or have ongoing business with us. The latest scam trick of using robocalls or live callers has increased. Fraudsters pretend to be government employees and claim there is identity theft or another problem with one's Social Security number, account, or benefits.

Scammers may threaten arrest or other legal action, or may offer to increase benefits, protect assets, or resolve identity theft. They often demand payment via retail gift cards, wire transfers, pre-paid debit cards, internet currency, or mailing cash.

Our employees will never threaten you for information or promise a benefit in exchange for personal information or money. Social Security may call you in some situations, but will never:

- Threaten you.
- Suspend your Social Security number.
- Demand immediate payment from you.
- Require payment by cash, gift card, pre-paid debit card, internet currency, or wire transfer.
- Ask for gift card numbers over the phone or to wire or mail cash.

Don't be fooled! You should look out for:

- A caller saying there is a problem with your Social Security number or account.
- Any call asking you to pay a fine or debt with retail gift cards, wire transfers, pre-paid debit cards, internet currency, or by mailing cash.
- Scammers pretending they're from Social Security or another government agency. Caller ID or documents sent by email may look official but they are not.

How to protect yourself and your family!

If you receive a questionable call, hang up, and report the call to our Office of the Inspector General.

- Don't return unknown calls.
- Ask someone you trust for advice before making any large purchase or financial decision.
- Don't be embarrassed to report if you shared personal financial information or suffered a financial loss.

Learn more at oig.ssa.gov/scam.

- Share this information with friends and family.

Learn more about fraud prevention and reporting at <https://www.ssa.gov/antifraudfacts/>.



Securing today
and tomorrow

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.



COVID-19 (Novel Coronavirus) Notice

EMOTIONAL HEALTH RELIEF HOTLINE

833.442.2211

CAREGIVERS AVAILABLE 10:00 a.m. – 10:00 p.m. 7 DAYS A WEEK

Intermountain Healthcare

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September

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Beef Stroganoff Buttered Noodles Cascade Veggies Fresh Berries & Cream	2 Chili Mixed Green Salad Lemon Pudding w/ Berries Corn bread	3 BBQ Shredded Chicken Sandwich Potato Salad Carrot/Raisin Salad Fresh Fruit Cup Chips	4 Turkey Stew Cesar Salad Ambrosia Fruit Salad
7 CLOSED  HAPPY LABOR DAY	8 Tomato Mac Soup Grilled Cheese Marinated Veggies Melon Salad	9 Loaded Baked Potato Buttered Broccoli Mandarin Oranges Coconut Cream Pudding	10 Grilled Chicken – Pesto Cavatappi Garden Salad Peaches	11 Fish & Chips Roasted Vegetables Tapioca Pudding Pineapple Chunks
14 Tuna Casserole Buttered Peas Fruit Jell-O Roll	15 Chicken Cordon Bleu Veggies Cascade Tropical Fruit Wheat Roll	16 Beef Hot Dog Baked Beans Coleslaw Apple-berry Crisp	17 French Dip Sandwich Citrus Fruit Broccoli Salad Cookie	18 Chefs Choice
21 Turkey Burger Carrot Salad Peaches Chips	22 Sheppard's Pie Mixed Veggies Fruit Cocktail Dinner Roll	23 Breaded Pork Chop Scalloped Potatoes Harvard Beets Spiced Apples	24 Pancakes Sausage Patty Scrambled Eggs Chilled V-8 Juice Fruit & Yogurt	25 Chefs Choice
28 Hot Open Faced Turkey Sandwich Mashed Potatoes & Gravy Peas & Carrots Apple Sauce	29 Creamy Chicken Soup Green Salad Orange Slices Dinner Roll	30 Meat Loaf Au Gratin Potatoes Cascade Veggies Grapes		

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.

Hmmmm....

I always knock on the fridge door b4 opening...just in case there's a salad dressing.

I FINALLY FIGURED OUT WHAT I WANT TO BE WHEN I GET OLDER...
...YOUNGER.



The worst part about losing your glasses is that you don't have your glasses to help you find your glasses.

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.

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Cache County Senior Center, Logan, UT

D 4C 05-1038



COOKING CLASS

SENIOR CENTER PAVILION

September 29th

9:00 A.M.

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

We will be practicing social distancing!

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Medicare

THE CENTERS FOR MEDICARE & MEDICAID SERVICES (CMS) ANNOUNCED THE AVERAGE BASIC PREMIUM FOR MEDICARE PART D PRESCRIPTION DRUG PLANS.

The average basic Part D premium will be approximately \$30.50 in 2021.

ship state health insurance assistance programs

The Centers for Medicare & Medicaid Services (CMS) recently announced the average basic premium for Medicare Part D prescription drug plans, which cover prescription drugs that people with Medicare pick up at a pharmacy. The average basic Part D premium will be approximately \$30.50 in 2021. The 2021 and 2020 average basic premiums are the second-lowest and lowest, respectively, average basic premiums in Part D since 2013.

Contact Colby or Giselle for assistance with reviewing prescription drug plan options. We can also see what prescription cost assistance programs you or your loved one might be eligible for.



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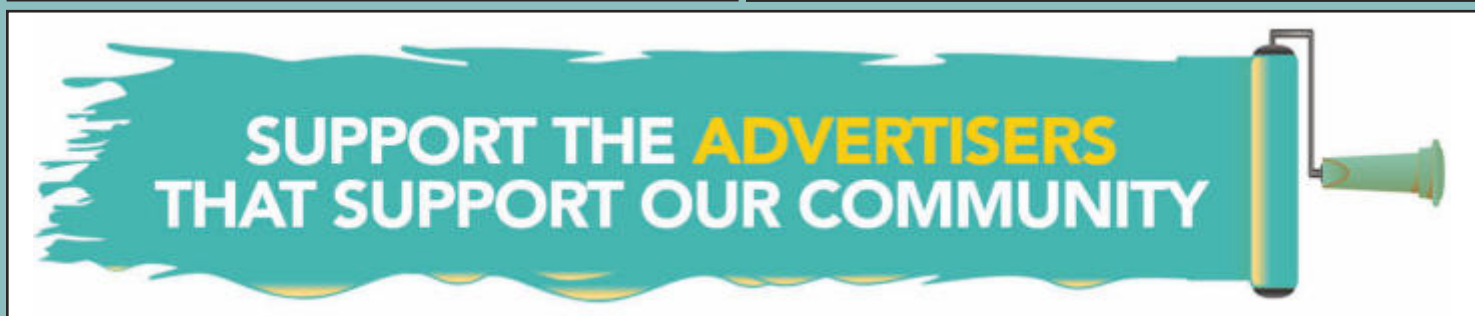


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Dr. Appointment Tips

4 Things to Know When Taking a Loved One to the Doctor During COVID-19

Caregivers need to be aware of new policies and procedures

by Barbara O'Dair, AARP, August 17, 2020

Restrictions for visitors, including caregivers, have eased since the spring, and exceptions are made more readily, according to doctors around the country. Still, helping older loved ones navigate their health care under COVID-19 precautions and restrictions can be complicated.

The first order of business? “Know the rules. Don't show up at the door surprised,” stresses J. Allen Meadows, an allergist in Montgomery, Alabama, and president of the American College of Allergy, Asthma, and Immunology. Here are four other things to keep in mind as you plan doctors' appointments.

Is the appointment needed right now?

As many doctors' offices reopen, some caregivers of older Americans may be tempted to schedule a slate of routine appointments. But while health care practitioners struggle to return to normal, even with precautions in place, many of them are holding off on scheduling nonurgent visits. At present, “most doctors don't advise patients to come into their office for routine follow-ups,” Meadows says. But, he adds, “If you have an urgent issue, go see your doctor.”

What is urgent? If your loved one is experiencing life-threatening or harmful symptoms that need to be immediately addressed — difficulty breathing, acute injury or chest pain — bring them to an ER or urgent care center at once. For concerning symptoms that don't require a visit to the ER, call their health care provider, who can decide if the patient should be seen. “Depending on [the patient's] risk factors such as age and comorbidities, a discussion with [their] physician is critical before delaying any treatment,” says Ramin Fathi, a Phoenix dermatologist and Mohs surgeon at Phoenix Surgical Dermatology Group, who treats skin cancer patients. “Some skin cancers are slow-growing and asymptomatic,” he says, “and others are aggressive and life-threatening and need to be addressed sooner rather than later.”

The doctor makes the call on how quickly to attend to an issue. Last spring, dentist Arthur Yeh, who runs his own practice in Bloomfield, New Jersey, saw only patients who “were experiencing swelling, pain, or difficulty eating or chewing,” he says. He would treat them alone in his office to limit the risk of COVID-19 infection. The American College of Surgeons has issued a useful guide for more details on what to see the doctor about and what can wait.

What is the office's visitor policy?

If the doctor suggests you bring your loved one to the office, check its visitor policy before you go. In the time of COVID, policies are stricter. “Currently, we only [allow] scheduled patients in the office,” Yeh says. “With older patients, we make exceptions for their caregivers as needed, but we also ask that, once the patient is seated, the caregiver go back to wait in the car.” At the Montclair Breast Center in Montclair, New Jersey, policy changes include keeping friends or family outside the building. It's the same at the Santa Barbara Women's Imaging Center in Santa Barbara, California, which “discourages non-patient people from entering the office.” Says Brian Jenkins, director of marketing at the center, “We recommend that caregivers wait in the car or outside the building” while the patient is in the waiting or exam room.

Hospitals also tightened their regulations for visiting caregivers. “Early on [in the pandemic], there was a concern that caregivers could be a source of transmission into the hospital, which meant they couldn't accompany sick family members,” says Sam Torbati, an emergency care physician and co-medical director of the Ruth and Harry Roman Emergency Department at Cedars-Sinai in Los Angeles. “Now that we have a better understanding of COVID-19 and [personal protective equipment], and we have universal guidelines around screenings, we're in a better place to allow for more visitation and family.” Carol Jones, chief nursing officer at Morristown Medical Center in Morristown, New Jersey, part of the Atlantic Health System, says that when caregivers were required to wait in the car at her hospital, the center's medical team took over to provide extra care for both admitted patients and outpatients. “[We] had to become the eyes and ears of the patient and communicate with family,” Jones says. Still, many medical facilities, Morristown included, made exceptions for caregivers who could not be replaced, Jones says. “The medical team would ask, ‘Is this [caregiver] needed by the patient?’ When a caregiver felt strongly, we would weigh the pros and cons and make a decision. Some adults or adult children who are caregivers to a compromised patient ... if they're caring for [their older loved one] around the clock at home, they can be with us as long as they're respectful of our rules.”

Continued on pg. 15



Dr. Appointment Tips

How is the office or center taking precautions against COVID-19?

Right now, in most health care facilities, including imaging centers, doctors' offices, hospitals with outpatient services, ERs and labs, vigorous facility cleaning and sanitizing, universal masking, physical distancing and hand sanitizing are the norm. Patients are almost always met at the door with a thermometer and a COVID-19 questionnaire. Preregistering for appointments is encouraged at the Santa Barbara Women's Imaging Center, a practice that cuts down on time spent in the waiting room. Special precautions used at other medical facilities include removing magazines, as Fathi's dermatology office has done, to protect against the risk of virus transmission, and asking that all patients use a special rinse before their dental exams, as does Yeh. He wears an N-95 mask, usually with another surgical mask on top of it, a full-face shield and a full protective gown, and his staff is protectively dressed as well.

In addition to installing medical-grade air purifiers in the office, Yeh uses a fogging machine that sprays a compound of salt and vinegar called hypochlorous acid into the air. The compound bonds to viral particles in the air and destroys them, says the dentist, who mists the ceiling of every room with it himself.

How should you prepare for an in-person appointment?

Both caregiver and patient should wear a mask and arrive on time. When you call to make the appointment, ask this simple question: If the visit is a preamble to a scheduled surgery or procedure, does the patient need a COVID-19 test? Today, a test is often required two to four days before the procedure and is usually administered in the office. If your older loved one's present health care need is not urgent but pressing, it will help everyone to bring along a couple of important documents. One, a list of medications — names, dosages and frequencies, Jones says. (You should also note the number of refills left.) Second, a medical history that includes symptoms, dates and durations can also be useful, not only in filling out the COVID-19 questionnaire but also to get more value out of the appointment. A list of questions for the doctor is also useful.



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