

Photo by Mike Bullock

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HALLOWEEN
Bingo

Senior Center Parking Lot
May be moved inside if poor weather

October 30th- 1:30 PM
Prizes For Best Costume

6 Health Benefits of Blackberries



1

Blackberries Give You a Stronger Immune System for Fighting Illness

2

Blackberries Give You Better Digestive Health

3

Brains Might Become Smarter with Blackberries

4

Blackberries Help Fight Gum Disease

5

Blackberries Contain Cancer-Fighting Compounds

6

Blackberries Help You Recover from a Polluted World

BLACKBERRY JAM RECIPE WITHOUT PECTIN



This simple blackberry jam is a no pectin and low sugar recipe. All you need is blackberries and a small amount of sugar to make a tasty homemade blackberry jam.

Ingredients

5 cups blackberries
1 to 2 cups sugar (see note)
1 to 2 tbsp lemon juice (optional)

Instructions

1. Add blackberries, sugar and lemon juice to a saucepan. Be sure there are several inches of headspace to allow for foaming. 2. Turn the heat to medium-low and simmer the jam until it reaches gel stage, stirring to keep the bubbles down. In this low sugar batch, it should take 20-30 minutes for a low sugar jam. (increasing the sugar will cause the jam to gel faster and result in a higher yield) 3. Test for gel stage on a plate in the freezer. 4. Pour jam into prepared canning jars, leaving 1/4 inch headspace. Store in the refrigerator, or process in a water bath canner for 5 minutes.

Notes: This low sugar recipe yields roughly two half pint jars. This recipe can be multiplied up to 4x, making a batch that starts with up to 20 cups of blackberries for a larger batch. Do not increase the batch size beyond 4 times, extra large jam batches often have trouble reaching gel stage properly. To make a conventional blackberry jam without pectin, add equal parts sugar and fruit by weight and follow the same instructions. The yield will be much higher. Neither the sugar nor the lemon juice are necessary for safe canning, and both can be increased, decreased or eliminated without affecting the safety of this canning recipe.

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 appts. and or other medical care. This is a needs based program. Call BRAG to schedule an assessment and see if you qualify for this program that can reimburse friends and family for taking you to your Dr. appts. 752-7242.

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

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A 4C 05-1038

Don't Make These Medicare Mistakes if You Lose Your Job After 65

Big penalties and bills could follow if you make the wrong moves

by Kimberly Lankford, [AARP](#), July 28, 2020

You may be tempted to not sign up for Medicare Part B when you turn 65 because you're still working and have health insurance through your employer. That can be a big problem if you lose your job unexpectedly. You'll need to make some moves quickly after you lose your job if you want to avoid penalties and expensive coverage gaps.

It's easy to make those mistakes. You have up to eight months after you leave your job and lose your employer's coverage to sign up for Medicare Part B without a late-enrollment penalty. (Part B covers doctor and outpatient services.) If you wait more than eight months, you may have to pay a lifetime penalty of 10 percent of the cost of Part B for every 12 months you should have been enrolled in Medicare but were not. You'll also have to wait until the next general enrollment period to sign up for Medicare, which runs from January through March with coverage starting on July 1.

When COBRA bites

A larger problem is for people over 65 who continue their employer's coverage through COBRA rather than signing up for Medicare. They could end up with big coverage gaps and massive bills, even before the eight months have expired. They need to sign up for Medicare as soon as they lose their jobs.

Many people who are still working sign up for Medicare Part A at 65 because it's free, but if they work for a company with 20 or more employees, they may choose to delay signing up for Part B while covered by their employer so they don't have to pay the Part B premium of \$144.60 or more (depending on their income) each month. If they elect COBRA coverage, they can get into trouble.

COBRA (Consolidated Omnibus Budget Reconciliation Act) is a federal law that lets you keep your employer's coverage for up to 18 months after you leave your job, if you work for a company with 20 or more employees (many states have similar laws for

smaller companies). You keep the same benefits and provider network as you had when working, but you usually have to pay both the employer's and the employee's share of the premiums.

Bonnie Burns, a consultant with California Health Advocates, helped a 68-year-old woman who had health insurance through a large employer until she left her job at age 67. She signed up for COBRA rather than enrolling in Medicare. After she had some expensive medical issues, she received a \$150,000 bill from her COBRA insurance company. The insurer argued that it shouldn't have paid the bulk of her claims because Medicare should have been her primary coverage even if she hadn't signed up for it. The company ended up dropping the bill after the woman hired a lawyer to write to her employer and the insurer explaining that she was not adequately notified of the Medicare rules when she left her job.

Burns recommends contacting your State Health Insurance Assistance Program (SHIP) as soon as you lose your job, whose counselors can answer Medicare questions, walk you through the enrollment process and help with any problems. "You need to sign up for Medicare right away" after you leave your job, says Joanne Giardini-Russell, owner of Giardini Medicare in Howell, Michigan, which helps people with Medicare issues and supplemental coverage. She recently helped a 70-year-old man who lost his job in late May and had coverage until the end of the month. He planned to continue his employer's coverage through COBRA after that because his wife was in the middle of having chemo sessions. She had an appointment for chemo on June 3, which generally costs about \$13,000. He'd been focusing on the eight-month timeframe to avoid the late-enrollment penalty, and didn't realize he and his wife needed to sign up for Medicare right away to get the primary coverage. Giardini-Russell let him know about the rules just in time for him and his wife to sign up for Medicare and get her chemo covered.

Continued on pg. 6

The problem: Even though COBRA coverage looks exactly like your employer's coverage, Medicare rules don't see it that way. As soon as you leave your job and lose your coverage as an employee, Medicare generally becomes your primary coverage — even if you keep their coverage through COBRA. If you don't sign up for Medicare when you leave your job, you could end up with big coverage gaps and big bills.

Medicare



SMP

Information you need to know from Medicare comes to you in your Medicare & You handbook every October.

Each October, Medicare sends out the Medicare & You handbook full of information and resources you may need about Medicare. You can also sign up for it electronically at [MyMedicare.gov](https://www.mymedicare.gov).



AARP Utah 2d · 🌐

If you receive SNAP/food stamps, and lost food due to a power outage, fire or other natural disaster you can request replacement benefits. Call for eligibility at 1-866-435-7414

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Medicare

Most employers don't warn people about this issue. "Human resources always seems to hand everybody a packet and say, 'Here's your COBRA,' and they never bring up the Medicare piece, even though they know how old they are," says Giardini-Russell. You may not realize the problem for a while. The COBRA insurer may pay small claims and not investigate until you have a large claim. "The COBRA policy may pay out as primary insurance for a while, because you didn't realize you should have had Medicare, and then something big happens — you need surgery or have an expensive procedure — and that causes the insurer to look at your claims and enrollment a bit more closely," says Casey Schwarz, senior counsel for education and federal policy with the Medicare Rights Center. "At that point they say they are only paying 20 percent of the Medicare-approved amount, and they may say they shouldn't have been paying any of these claims in the past."

Schwarz worked with a woman who had retiree coverage and didn't realize she had to sign up for Medicare, and the insurer went back and billed her for six years of claims, including a cancer diagnosis. "It was really devastating," says Schwarz. "It was hundreds of thousands of dollars." Medicare ended up paying most of the claims because she had records showing that the government had given her inaccurate information about whether she had to sign up for Medicare.

People who enroll in Medicare at age 65 can complete the application online at the Social Security Administration website, even if you don't want to sign up for Social Security benefits yet. But if you delayed Medicare enrollment because you were working past 65, you need to provide extra paperwork showing that you had employer coverage within the past eight months through your or your spouse's employer, says Diane Omdahl, a registered nurse and cofounder of Sixty-Five Incorporated, which helps people with Medicare decisions. You usually can't enroll in Medicare Part B online at that point, like you can at 65, but the Social Security Administration is currently making an online application available for post-65 applicants while field offices are closed or limited because of COVID-19. For more information, see Social Security's Medicare Benefits page.

We are all doing our part to help slow the spread during the COVID-19 pandemic. Physical distancing is important to prevent the spread of COVID-19, but it is



equally important that you monitor your health and know when to seek emergency medical care for serious symptoms that are not related to COVID-19. You may be concerned about going to a hospital or urgent care site during this outbreak, when many

people are seeking care for coronavirus. There are, however, some signs and symptoms of a medical emergency that you should always seek treatment for immediately.

Never avoid emergency rooms or wait to see a doctor if you feel your symptoms are truly serious. Know the signs and symptoms of a medical emergency for which you should always seek treatment immediately.

If you experience any of these symptoms, you should call 911 and/or go to the emergency room.

Examples of serious medical symptoms are:

- Difficulty breathing, shortness of breath;
- Difficulty speaking;
- Sudden face drooping;
- Chest or upper abdominal pressure or pain;
- Seizure;
- Confusion;
- Any sudden or severe pain;
- Uncontrolled bleeding; or
- Severe or persistent vomiting or diarrhea.

If you are not sure whether your symptoms are serious enough that you need immediate medical attention, contact your usual healthcare provider. Many providers are offering virtual visits (telehealth services by phone or on your computer) as well as other remote ways to provide advice and care, during this outbreak. Your healthcare insurance program may offer a nursing advice line.

If you do not have a routine healthcare provider, insurance, or internet access, contact the nearest emergency medical system by calling 911.

If you have a medical emergency, call 911 immediately.

Bingo



The poster features a central white box with an orange background. The text 'Senior Center' is written in white on a red splatter background. Below it, 'BINGO' is written in large white letters. The date 'Thursday, October 15th' and time '1:30 PM' are also in white. At the bottom, 'GAMES-FUN-PRIZES' is written in bold black letters. The location 'Senior Center Parking Lot' and a note 'May be moved inside if poor weather' are in black. The poster is decorated with various bingo cards and callouts: a blue circle with '19', a green circle with '07', a red circle with '04', and a blue circle with '75'. A green circle with '32' is also present. The background is orange with white wavy lines.

Senior Center

BINGO

Thursday, October 15th

1:30 PM

GAMES-FUN-PRIZES

Senior Center Parking Lot
May be moved inside if
poor weather

19 07 04 75 32

41	46	75
5	59	65
47	72	
6	67	
69		

04	
15	1
03	28

32	5
41	46
3	25
5	33
47	67
69	

04	19	32
15	16	

Craft Class



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OCT 8TH
1:30 PM
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- Use our Retirement Calculator to compare future benefit estimates for different dates or ages to begin receiving benefits.
- Check the status of your application or appeal for benefits.
- Review your work history.
- Request a replacement Social Security card (in most States).
- If you already receive benefits, you can also: Get a benefit verification or proof of income letter.

- Set up or change your direct deposit.
- Change your address.
- Request a replacement Medicare card.
- Get a Social Security 1099 form (SSA-1099).

You can even use your personal *my Social Security* account to opt out of receiving certain notices by mail, such as the annual cost-of-living adjustments and the income-related monthly adjustment amount notice. These notices are now available in your Message Center when you sign in to your account.

Please let your friends and family know that they can create their own *my Social Security* account today at www.ssa.gov/myaccount.



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October

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.</i></p>			<p>1 Chicken Lasagna Roasted Vegetables Spiced Pears</p>	<p>2 Tacos Spanish Rice Capri Vegetables Pineapple</p>
<p>5 Chicken Salad Sandwich 4 Bean Salad Orange Slices Potato Chips</p>	<p>6 Creamy Cauliflower Soup Chef Salad Fresh Fruit</p>	<p>7 Frito Pie Green Beans Mandarin Oranges Cookie</p>	<p>8 Creamy White Chili Apple Salad Pears Cinnamon Roll</p>	<p>9 Chef's Choice</p>
<p>12 Closed </p>	<p>13 Pot Roast Mashed Potatoes Peas & Carrots Apple Crisp</p>	<p>14 Parmesan Chicken Casserole Italian Veggies Ambrosia Salad</p>	<p>15 Loaded Baked Potato Winter Blend Vegetable Pineapple Fluff</p>	<p>16 Chef's Choice</p>
<p>19 Corn Chowder Chef Salad Peaches Biscuit</p>	<p>20 Chicken Teriyaki Coconut Rice Stir Fry Veggies Pineapple</p>	<p>21 Baked Ziti Casserole Roasted Sweet Potatoes Spiced Apple Sauce</p>	<p>22 Chicken Pot Pie Green Beans Cranberry Salad</p>	<p>23 Taco Casserole Chuck Wagon Corn Green Salad Pears Cornbread</p>
<p>26 Fish Brown Rice Mixed Vegetables Apricot w/ Cottage Cheese</p>	<p>27 Chicken Enchilada Soup Southwest Salad Tropical Fruit Tres Leches Cake</p>	<p>28 Beef Stroganoff Buttered Noodles Capri Vegetables Pears Roll</p>	<p>29 Chef's Choice</p>	<p>30 Bloody Meat Loaf Mummy Mashed Potatoes Creepy Carrots Eyeball Grape Salad Burnt Offering Brownie</p>

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.

Breast Cancer Awareness Month

BREAST CANCER AWARENESS MONTH

Breast cancer is the most common cancer found in women, regardless of race or ethnicity.



One in eight women are diagnosed with breast cancer during their lifetime.

Although more prevalent in women, breast cancer can also affect men.



To reduce your risk of breast cancer: maintain a healthy weight, exercise regularly and don't drink alcohol.



Sources cited: Centers for Disease Control, National Breast Cancer Foundation, Sherry G. Kohnen and Breastcancer.org

Joan Brown, 80, cancer survivor



1 in 3 women who get breast cancer are over 70, so don't assume you're past it.

BE CLEAR ON CANCER

©2019 Breastcancer.org

A lump isn't the only sign of breast cancer. If you're worried about any changes to your breast, tell your doctor straight away. Finding it early makes it more treatable and could save your life.

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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More warnings issued for COVID-19 schemes

Federal, state and local law enforcement are on high alert to investigate reports of individuals and businesses engaging in a wide range of fraudulent and criminal behavior during the COVID-19 pandemic, and the U.S. Department of Justice is urging citizens to be wary of criminal activity.

Be on the lookout for antibody testing fraud schemes. Never share your personal or health information with anyone other than known and trusted medical professionals.

Be cautious of unsolicited health care fraud schemes through emails, phone calls or in-person contact. While there are medical professionals and scientists working hard to find a cure, approved treatment and vaccine for COVID-19, as of now no verified vaccine or cure is available.

Be on the lookout for an increase in cryptocurrency fraud schemes including but not limited to blackmail attempts, work-from-home scams, paying for nonexistent treatments or equipment and investment scams.

Be wary of unsolicited telephone calls and emails from individuals claiming to be Internal Revenue Service or U.S. Treasury Department employees. The first form of communication for the IRS is by mail, not by phone. Verify you are receiving the official U.S. Treasury check. Look for the new official seal, bleeding ink, micro printing, watermark and more.

Be on the lookout for rob calls making fraudulent offers to sell respiratory masks or other medical devices with no intent of delivery and telephone calls to individuals and entities, including state and local governments, offering the sale of large amounts of personal protection equipment and demanding advance payments with no intent of delivery. Look out for sales of counterfeit, tampered or otherwise fraudulent PPE, including N95 masks, gloves and surgical gowns.

Be aware of unsolicited requests for your Medicare information, even if they are accompanied by offers of “free” COVID-19 tests or supplies or an email or call by someone claiming to be a representative from Medicare

or the Department of Health and Human Services. Scammers might use your Medicare information to submit false medical claims for unrelated, unnecessary or fictitious services.

Law enforcement has seen an increase in social media scams and telephone calls fraudulently seeking donations for illegitimate or nonexistent charitable organizations requesting you to enter your bank account information. Emails and texts may claim to be from a charity or use the current crisis to get you to click on a link or download a file. It could be an attempt to infect your computer with malicious software that could steal your personal information, including but not limited to your credit card number or bank password.

Be on the lookout for telephone calls by individuals posing as government officials or payment facilitators promising CARES Act stimulus payments and asking for personal identifying information. Also be aware of mass-mailing, spam email or text-message campaigns to perpetrate government-imposter schemes. These forms of communication provide a website, a phone number or an email address for consumers to contact to arrange for stimulus payments upon payment of an advanced fee or threatening adverse consequences for failure to cooperate with the alleged stimulus-related transaction.

Be wary of calls claiming you received an overpayment of the stimulus money and demanding a “refund” of the difference. Consumers might be threatened with adverse consequences such as fines, forfeiture or arrest if they refuse to refund the money. Callers might demand payments by stored value cards, such as iTunes, Google play or Steam cards, or by money transmission such as Western Union or MoneyGram. Law enforcement has seen fraud schemes using smartphone apps or websites that claim to be a government office associated with CARES Act programs. These fake sites are requesting personal identifying information, including banking information to deposit stimulus payments.

Perpetrators then will use this information to debit money from bank accounts.

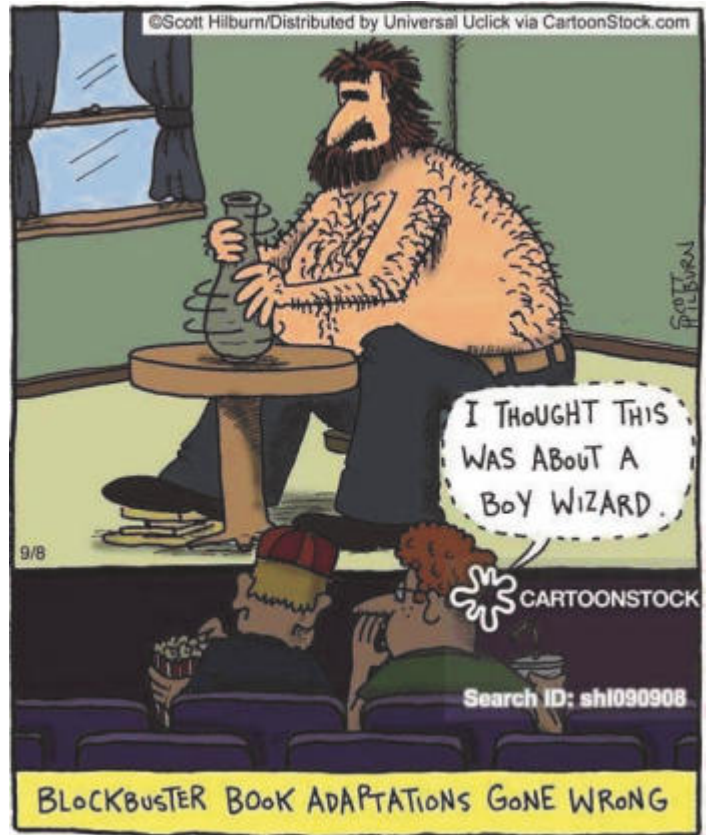
Continued on pg. 13

**I HATE WHEN SOMEONE
RINGS MY DOORBELL
BECAUSE THEN I HAVE
TO DROP WHATEVER
I'M DOING TO BE
SILENT AND PRETEND
I'M NOT HOME**

Fraud and Scams

Be on the lookout for efforts to divert payments, such as last-minute changes to banking information, through fake emails that appear to come from a trusted source. Be cautious of hackers stealing money, personal identifying information and some fraud elements through fake business emails. Contact tracing plays a vital role in helping to stop the spread of COVID-19. But scammers pretending to be contact tracers and taking advantage of how the process works are also sending text messages.

Find out more about these scams and how to protect yourself by visiting [fbi.gov/coronavirus](https://www.fbi.gov/coronavirus) and the Federal Trade Commission at [FTC.gov/coronavirus](https://www.ftc.gov/coronavirus)



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