

Cache County Senior Center

November



Photo by Mike Bullock

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ONE DAY PER WEEK!

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755-1720
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Pumpkin Health Facts

<p>Vitamins</p> <p>Vitamin A, E, C, K, B6 Thiamin Riboflavin Niacin Folate Pantothenic acid Choline</p>	<p>Minerals</p> <p>Calcium Iron, Zinc Magnesium Phosphorous Potassium Copper Selenium Manganese</p>
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<ul style="list-style-type: none"> ▶ Promotes weight loss ▶ Beautifies skin ▶ Benefits diabetics ▶ Improves eye health 	<ul style="list-style-type: none"> ▶ Immunity booster ▶ Protects your heart ▶ Prevents cancer
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www.thefitglobal.com

What are the health benefits of pumpkin?

Even though you can find it in canned form at any time of year, this trendy fall food is often forgotten for what it really is: a super high-quality and versatile vegetable.

The fiber keeps you energized. One cup of canned pumpkin has about 7 grams of fiber (about 20% of the recommended daily amount), whereas kale has a little less than 3 grams. While both have a place on your plates, the fiber content of pumpkin will fill you up, help stabilize blood sugar, and keep your energy up throughout the day.

The minerals help your heart. Pumpkin is loaded with blood pressure-regulating minerals like potassium, magnesium, and iron. They're necessary for providing oxygen to red blood cells. Surprisingly, one cup of pumpkin packs 14% of your daily value for potassium, whereas one banana has 12%.

The antioxidants boost immunity. Pumpkin is packed with beta-carotene, the precursor to vitamin A — an important antioxidant for visual acuity and skin integrity — as well as vitamins C and E, also important antioxidants for repairing your body's cells from damage. Diets rich in antioxidants and potassium are also linked to helping reduce your risk of cancer and heart disease.

Pumpkin Chocolate Chip Streusel Cake



Ingredients:

For the cake:

- 2 cups all-purpose flour
- 1 1/2 teaspoons of cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground ginger
- 1 teaspoon baking soda
- 3/4 teaspoon salt
- 1 cup unsalted butter at room temperature
- 3/4 cup granulated sugar
- 3/4 cup brown sugar
- 1 large egg
- 2 teaspoons vanilla extract
- 1 cup canned pumpkin puree
- 1 cup chocolate chips

For the streusel:

- 2/3 cup all-purpose flour
- 1/2 cup packed light brown sugar
- 1/2 teaspoon ground cinnamon
- 6 tablespoons cold unsalted butter cut into small chunks
- 1/2 cup chocolate chips

Instructions:

1. Preheat oven to 350 degrees. Spray a 9-by-13-inch baking pan with cooking spray. Set aside.
2. In a medium bowl, whisk together flour, cinnamon, nutmeg, ginger, baking soda, and salt. Set aside.
3. In the bowl of a stand mixer, cream butter and sugars until smooth. Beat in the egg and vanilla until well blended. Add the pumpkin puree. Reduce speed to low, and mix in the flour mixture until just combined. Stir in the chocolate chips. Spread batter evenly into the prepared pan.
4. To make the streusel, in a medium bowl, combine the flour, brown sugar, and cinnamon. Add in the butter, using 2 table knives or your hands, and cut into the dry ingredients until the mixture looks like coarse crumbs.
5. Sprinkle streusel evenly over the top of the cake. Next, sprinkle the chocolate chips over the cake.
6. Bake for about 35-40 minutes or until the sides pull away from the pan and a toothpick comes out clean. Let cool. Cut into squares and serve with whip cream.

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

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Medicare

Dear Marci,

I enrolled in Medicare about six months ago. My friend told me that the Fall Open Enrollment Period for Medicare is coming up. What is Fall Open Enrollment, and is there anything I need to do during this time?

-April (Montpelier, VT)

Dear April,

Fall Open Enrollment runs from October 15 through December 7 each year. During this time, you can make changes to your health insurance coverage, including adding, dropping, or changing your Medicare coverage. Even if you are happy with your current health and drug coverage, Fall Open Enrollment is the time to review what you have, compare it with other options, and make sure that your current coverage still meets your needs for the coming year.

You can make as many changes as you need to your Medicare coverage during Fall Open Enrollment. The changes you can make include:

- Joining a new Medicare Advantage Plan

- Joining a new Part D prescription drug plan

- Switching from Original Medicare to a Medicare Advantage Plan

- Switching from a Medicare Advantage Plan to Original Medicare (with or without a Part D plan)

Regardless of how you receive your Medicare coverage, you should consider:

- Your access to health care providers you want to see

- Your access to preferred pharmacies

- Your access to benefits and services you need

- The total costs for insurance premiums, deductibles, and cost-sharing amounts

If you have Original Medicare, visit www.medicare.gov or read the 2021 Medicare & You handbook to learn about Medicare's benefits for the upcoming year. You should review any increases to Original Medicare

premiums, deductibles, and coinsurance charges.

If you have a Medicare Advantage Plan or a stand-alone Part D plan, read your plan's Annual Notice of Change (ANOC) and/or Evidence of Coverage (EOC). Review these notices for any changes in:

- The plan's costs

- The plan's benefits and coverage rules

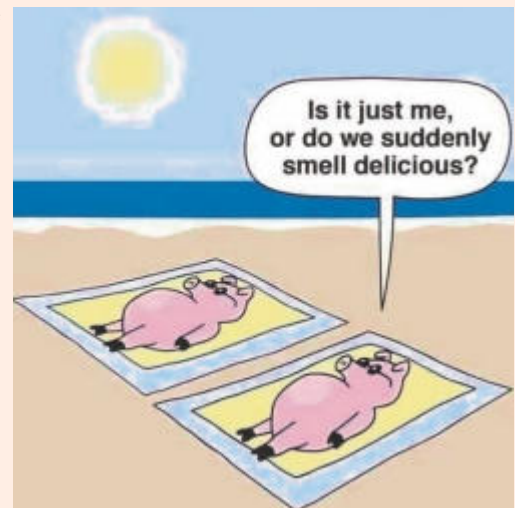
- The plan's formulary (list of drugs your plan covers)

Make sure that your drugs will still be covered next year and that your providers and pharmacies are still in the plan's network. If you are unhappy with any of your plan's changes, you can enroll in a new plan. If you want

assistance reviewing your options, contact your State Health Insurance Assistance Program (SHIP) for unbiased counseling. To contact your SHIP, visit www.shiptacenter.org or call 877-839-2675.

Even if you are happy with your current Medicare coverage, consider other Medicare health and drug plan options in your area. For example, even if you do not plan to change your Medicare Advantage or Part D plan, you should check to see if there is another plan in your area that will offer you better health and/or drug coverage at a more affordable price. Research shows that people with Medicare prescription drug coverage could lower their costs by shopping among plans each year; there could be another Part D plan in your area that covers the drugs you take with fewer restrictions and/or lower prices.

-Marci



FLU FACT

People with chronic conditions such as heart disease, asthma, or diabetes are at a greater risk for developing serious flu complications.

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Medicare

Medicare Open Enrollment

October 15 - December 7, 2020

Did you know?

Your State Health Insurance Assistance Program (SHIP) can help you:

-  Understand Medicare benefits
-  Sort options to find the best for your situation
-  Complete the enrollment process



Need help?
Contact
SHIP today!

Find your SHIP at shiptacenter.org



My friends laugh
at anything...watch
this...

A, B, , E, F, G...

Save money and get the best coverage!
It's worth taking time to compare

OCT 15
-DEC 7

MEDICARE OPEN ENROLLMENT



A local Medicare
Counselor can:



Help you compare your current
Medicare health or drug plan
with other Medicare plan choices

Help you sign up
for a new plan



You have until December 7 to
make a final decision. Beware of
high-pressure sales tactics.
For trusted, unbiased Medicare
information and assistance,
call 1-877-839-2675



We have found safe, creative, and socially
distanced solutions to continue serving you
during the COVID-19 pandemic.



Administration for Community Living
Office of Healthcare Information and Counseling

MANAGING THROUGH COVID-19 WORK GROUP - SEPTEMBER 2020

EMERGENCY PREPAREDNESS FOR OLDER ADULTS AND PEOPLE WITH DISABILITIES

**CREATE A
NETWORK OF
SUPPORT**
TO HELP YOU IN CASE
OF AN EMERGENCY.

PREPARE FOR A POWER OUTAGE IF YOU USE ELECTRIC MEDICAL DEVICES.



talk to a health care
provider about what to do



identify an alternative
power source for devices



inform your emergency
contacts of the plan



Plan how you will
communicate
if you have a
communication
disability.



Plan for your
transportation
if you need help
evacuating.



Plan how you will
evacuate with any
assistive devices.

WHAT TO INCLUDE IN AN EMERGENCY PREPAREDNESS KIT

- Contact information for important people and care providers
- A list of medicines you need, dosage instructions, and any allergies
- Styles and serial numbers of all medical and assistive devices
- Need-to-know information for first responders and others who might need to help you



Food, water, and
essentials for
you and pets or
service animals



Medicines,
medical supplies,
batteries, and
chargers



Copies of
Medicaid, Medicare,
and other
insurance cards



Learn more: acl.gov/programs/emergency-preparedness

Scams and Fraud Concerns

What is Medicare Hospice Fraud?

Hospice is an important benefit for the Medicare population. Hospice fraud threatens this benefit for all beneficiaries. Scammers are getting beneficiaries to agree to hospice care even though they do not qualify for the benefit.



What is Medicare Hospice Fraud?

Hospice fraud occurs when Medicare Part A is falsely billed for any level of hospice care or service.

What are Examples of Hospice Fraud?

- Falsely certifying and providing services to beneficiaries who are not terminally ill — that is, with a life expectancy of six months or less if the disease runs its normal course
- Enrolling in hospice without the knowledge or permission of the patient or family
- Falsely certifying or failing to obtain physician certification on plans of care
- Paying gifts or incentives to referral sources (such as physicians and nursing homes)
- Billing for a higher level of care than was needed or provided or for services not received
- Targeting assisted living facility and/or nursing home residents whose life expectancy exceeds six months
- Using high-pressure and unsolicited marketing tactics of hospice services
- Providing inadequate or incomplete services, including, for example, no skilled visits in the last week of life
- Providing/offering gifts or incentives, including non-covered benefits such as homemaker, housekeeping, or delivery services to encourage beneficiaries to elect hospice even though they may not be terminally ill
- Embezzling, abusing, or neglecting beneficiaries or medication theft by a hospice worker
- Keeping a beneficiary on hospice care for long periods of time without medical justification

Providing less care on the weekends and disregarding a beneficiary's care plan

What Can You Do to Stop Hospice Fraud?

- Be sure your doctor has assessed your condition
- Be sure your doctor has certified that you are terminally ill and expected to live six months or less if the disease runs its normal course
- Never accept gifts (such as money, gift cards, or groceries) in return for hospice services and be wary of “too-good-to-be-true” offers

Report quality-of-care complaints to your local SMP and the Beneficiary and Family Centered Quality Improvement Organization (BFCC-QIO)

How are Fraudsters Benefiting from Hospice Fraud?

General inpatient care and continuous home care pay significantly more than routine home care. Falsely signing someone up for hospice and then providing routine home care at a continuous home care rate could be very lucrative for a fraudster.

Senior Mental Health

DID YOU KNOW?

Medicare Part B covers one depression screening per year.



SMP

Medicare covers one depression screening per year. The screening must be done in a primary care doctor's office or primary care clinic that can provide follow-up treatment and referrals.

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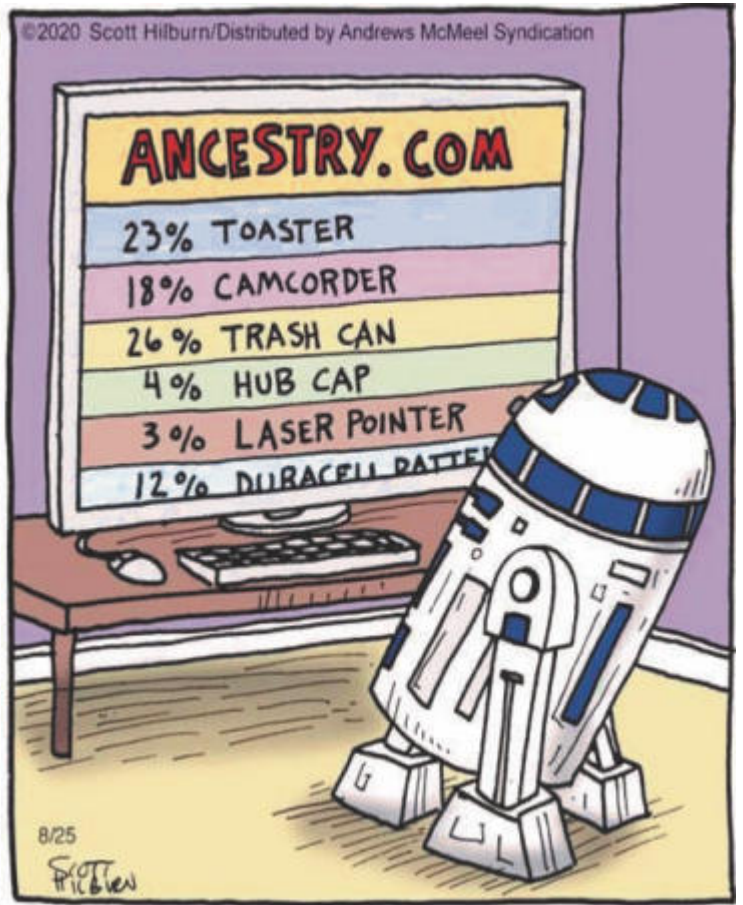
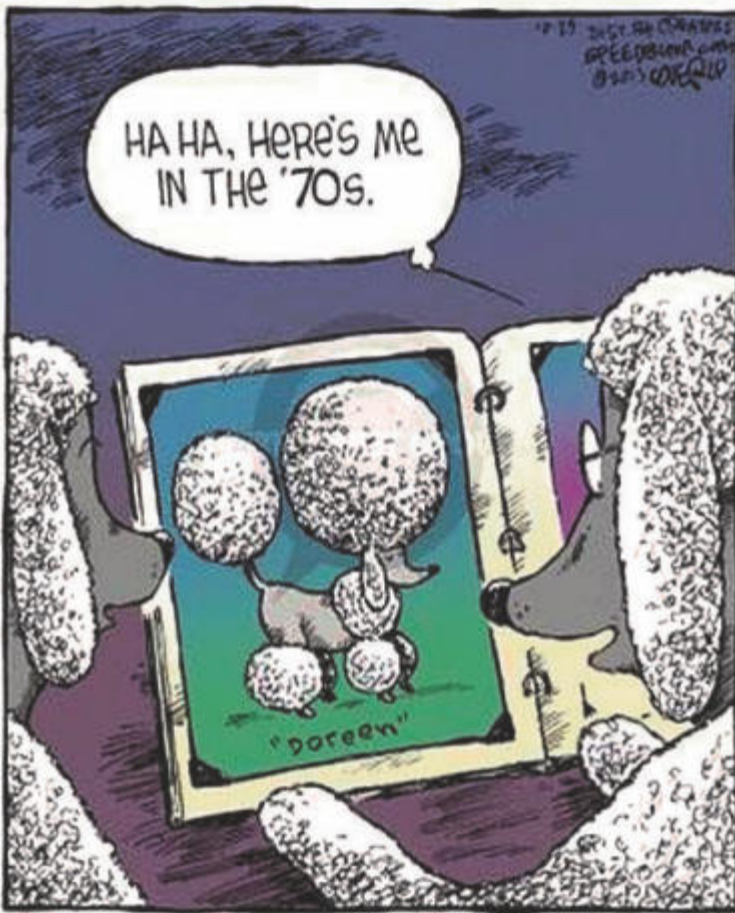
1-855-225-4251



November

Monday	Tuesday	Wednesday	Thursday	Friday
2 French Dip Sandwich Broccoli Salad Pears Potato Chips	3 Salmon Garlic Mashed Rice Pilaf Peas & Pearls Onions Tropical Fruit Salad	4 Omelet Veggie Hash Fresh Orange Slices Poppy Seed Muffin	5 Ravioli w/ Cheese Italian Veggies Caesar Salad Garlic Toast	6 Chicken Pasta Bake Cascade Vegetables Ambrosia Salad
9 Minestrone Soup Turkey Sandwich Carrot Salad Rosy Applesauce	10 Sweet Pork Salad Cilantro Rice Pinto Beans Mango Cobbler Flour Tortilla	11 Closed <i>THANK YOU</i>  <i>FOR YOUR SERVICE</i>	12 Shredded BBQ Chicken Sandwich Pasta Vegetable Salad Seasonal Fruit	13 Chef's Choice
16 Chef's Choice	17 French Toast Sticks Sausage Patty Chilled V-8 Juice Cottage Cheese & Pineapple	18 Baked Potato Broccoli w/Cheese Fruit Cocktail Raspberry Muffin	19 Pork Roast Mashed Potatoes Candied Carrots Wheat Roll	20 Swiss Cheese Chicken Caesar Salad Cherry Crisp
23 Fish Sticks Coleslaw California Mixed Vegetables Pineapple	24 Chef's Choice	25 Chicken Noodle Soup Green Salad Mandarin Oranges Dinner Roll	26 27 CLOSED FOR THANKSGIVING DAY 	
30 Beef & Barley Soup Green Salad Fruit Cocktail Cheese Biscuit			28	29

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.



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

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Emergency Preparedness

Emergency Preparedness for Older Adults and People with Disabilities Disasters, man-made or natural, can happen at anytime, anywhere, and vary in magnitude. Older adults and people with disabilities often have unique needs during a crisis. For example, approximately half of those over age 65 have two or more chronic health problems, such as heart disease, diabetes, or Alzheimer's disease. These conditions increase a person's vulnerability during periods of time without food, water, shelter, and adequate rest. People with disabilities may also have a wider variety of functional limitations, sometimes requiring more supports, many of which are often in short supply during a crisis event. It is critical that individuals, service providers, and communities actively engage in emergency planning.

Each person has a responsibility to prepare for potential crisis and make a plan for how to respond. Providers of long-term services and supports must train staff in all emergency actions (evacuation, lock-down, shelter-in-place). Community leaders and first-responders must be prepared to support the health and safety needs of older adults and people with disabilities, engage these populations in the planning process, and—to the maximum extent possible—provide services and supports in integrated Functional Needs Support Shelters. The only way to ensure the well-being of older adults and people with disabilities during a crisis is through a “whole-community” approach to preparedness.

<https://acl.gov/emergencypreparedness?fbclid=IwAR0j0IGLaGsM8cgIKdS8Pji09M8JVGDavskSSH>



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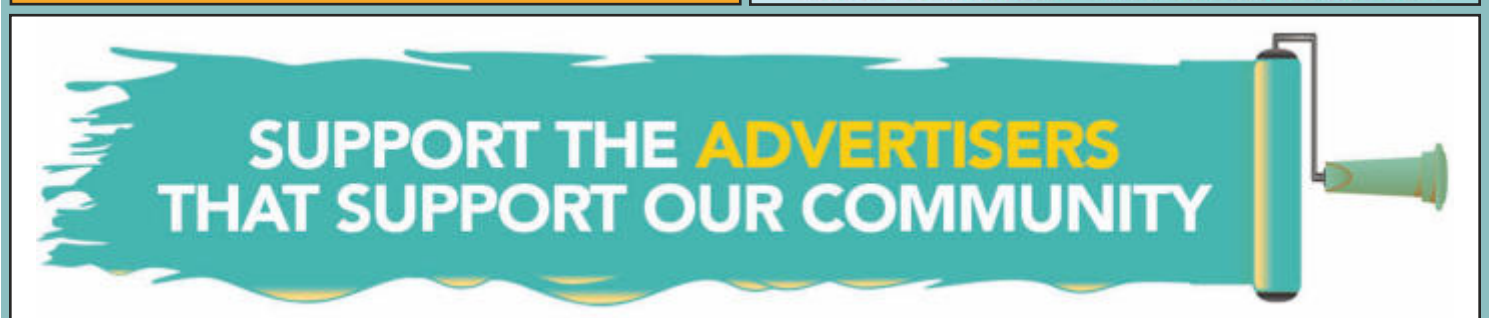
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Class

NOV. **19** 1:30 PM

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Spots are limited



Poems



ColorLoveQuotesForHer.org

A THANKSGIVING DINNER

Take a turkey, stuff it fat,
Some of this and some of that.
Get some turnips, peel them well.
Cook a big squash in its shell.
Now potatoes, big and white,
Mash till they are soft and light.
Cranberries, so tart and sweet,
With the turkey we must eat.
Pickles-yes-and then, oh my!
For a dessert a pumpkin pie,
Golden brown and spicy sweet.
What a fine Thanksgiving treat!

- Maude H. Grant

Giving Thanks

Giving Thanks
For the hay and the corn and the wheat that is reaped,
For the labor well done, and the barns that are heaped,
For the sun and the dew and the sweet honeycomb,
For the rose and the song and the harvest brought home -
Thanksgiving! Thanksgiving!

For the trade and the skill and the wealth in our land,
For the cunning and strength of the workingman's hand,
For the good that our artists and poets have taught,
For the friendship that hope and affection have brought -
Thanksgiving! Thanksgiving!

For the homes that with purest affection are blest,
For the season of plenty and well-deserved rest,
For our country extending from sea unto sea;
The land that is known as the "Land of the Free" -
Thanksgiving! Thanksgiving!

-Author Unknown

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Senior Fun

