

# Cache County Senior Center

March 2021

Photo by Mike Bullock

## Commodities— Cache valley food panty - March 3rd from 2 pm-4 pm

### Commodity Supplemental Food Program (CSFP)-Food Bank

Federal funding allows us to reach senior citizens with nutritious food items provided by the USDA.

This federally funded program works to improve the health of senior citizens living in poverty who are at least 60 years of age. The USDA ships nutritious foods directly to Utah Food Bank,

#### What's in the box:

Canned Meat  
Peanut Butter  
Cheese  
Fruit  
Dried Beans  
Vegetables  
Shelf-Stable Milk  
Chili  
Rice  
Breakfast Cereal  
Pasta  
Juice

If you would like more information on this program and or would like to apply please call 755-1720.



Happy spring! It's going to be here in just a few more days! And with spring, comes hope. As I am writing this in the middle of February, Covid-19 is still here. As I have heard from so many of you, we are all hoping this

goes away soon, so that we can get back to the normalcy of our lives. We still have some cold days before spring really gets here, but take courage, it's around the corner. I can just about smell the sweet smell of Lilac as it fills the air on my morning walks. I look forward to the activities that Sarah (activities coordinator) is planning. I look forward to the warm weather that is soon to be here and the opportunity to be outside engaging in conversation with you. To see and hear your laughter brings me joy! There are already more birds tweeting around here. It's a welcome song. Do you ever feel like joining those sweet birds singing, whistling or blowing on a kazoo along with them either by your self or with friends? I sure do! Be sure to check out our Facebook page. You will find many activities posted; Tai chi, sit and be fit, cooking ideas, craft class and even informational material on Medicare. If you are needing a Ipad to interact with us on social media and family members be sure to give us a call providing you with information how you can check one out for Free!

Happy Spring!

*Giselle*



# Rhubarb Jam Bars

1 pound rhubarb, trimmed and sliced

2 teaspoons cornstarch

3/4 cup sugar

1/2 cup water

Crust:

1 stick plus 2 tablespoons cold unsalted butter, cut into 1/2-inch pieces, plus more for the pan

1 3/4 cups all-purpose flour

1/2 cup sugar

1 teaspoon kosher salt

6 tablespoons ice-cold water

1/2 cup rolled oats

1/4 teaspoon ground allspice

1/4 teaspoon ground cinnamon



1. For the rhubarb jam: Toss the rhubarb with the cornstarch in a medium saucepan. Stir in the sugar and water and bring to a simmer over medium-high heat. Reduce the heat and simmer, stirring often, until the rhubarb has broken down and the mixture is very thick, about 20 minutes. Cool completely.
2. For the crust: Place a large rimmed baking sheet in the oven and preheat to 375 degrees F. Line an 8-by-8-inch metal baking pan with foil; butter the foil.
3. Pulse the flour, sugar and salt together in a food processor. Add the butter and pulse until the mixture resembles coarse meal. Add the water and pulse until the dough comes together in a ball.
4. Measure out 2/3 cup of the dough and place in a small bowl. Transfer the remaining dough to the prepared baking pan and push evenly into the bottom of the pan. Refrigerate until firm, about 10 minutes.
5. Meanwhile, add the oats, allspice and cinnamon to the dough in the bowl and mix well to combine. Refrigerate until firm, about 10 minutes.
6. Spoon the rhubarb jam onto the chilled crust and spread evenly with an offset spatula. Crumble the oat topping over the jam. Place the baking pan on the preheated baking sheet and bake until the crust and topping are golden brown, 40 to 45 minutes. Transfer to a rack to cool completely. Carefully remove from the pan and cut into bars.

<https://www.foodnetwork.com/recipes/valerie-bertinelli/rhubarb-jam-bars-4721116>

# 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.

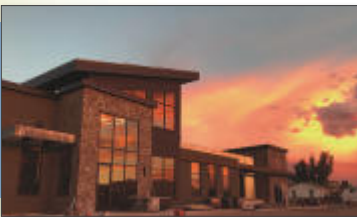
## Medicare Cost Sharing Program

Medicare Savings Programs help low-income individuals with some of the out-of-pocket costs for Medicare, including Medicare Part A and Part B premiums, deductibles, copayments, and coinsurance. Eligibility for certain Medicare Savings Programs automatically qualifies you for the Extra Help program as well, which helps beneficiaries with the cost of prescription drugs. Contact Giselle or Colby for an apt. 755-1720.

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# Medicare



Dear Marci

Dear Marci,  
I would like to begin individual therapy sessions with a psychologist and focus more on my mental health. Will Medicare cover therapy appointments with a psychologist?

-Jesus (Santa Rosa, CA)

Dear Jesus,  
I am so happy that you are taking steps to care for your mental health. Yes, Medicare does cover outpatient mental health care services, like individual therapy sessions. There are some important considerations to take when choosing your provider, if you would like to ensure your care is covered and to save money. Let's discuss Medicare coverage and outpatient mental health care services more.

Medicare Part B covers outpatient mental health care, including the following services:

Individual and group therapy

Substance use disorder treatment

Tests to make sure you are getting the right care

Occupational therapy

Activity therapies, such as art, dance, or music therapy

Training and education (such as training on how to inject a needed medication or education about your condition)

Family counseling to help with your treatment

Laboratory tests

Prescription drugs that you cannot administer yourself, such as injections that a doctor must give you

An annual depression screening (speak to your primary care provider for more information)

Original Medicare covers the outpatient mental health services listed above at 80% of the Medicare-approved amount. This means that as long as you receive services

from a participating provider, you will pay a 20% coinsurance after you meet your Part B deductible. If you are enrolled in a Medicare Advantage Plan, contact your plan for cost and coverage information. Your plan's deductibles and copayments/coinsurance may differ.

Medicare covers mental health care you receive through an outpatient hospital program, at a doctor's or therapist's office, or at a clinic. You may receive services from the following types of providers:

General practitioners

Nurse practitioners

Physicians' assistants

Psychiatrists

Clinical psychologists

Clinical social workers

Clinical nurse specialists

If you see a non-medical doctor (such as a clinical psychologist or clinical social worker), make sure that your provider is Medicare-certified and takes assignment. Medicare will only pay for the services of non-medical doctors if they take assignment.

It is also important to note that psychiatrists are more likely than any other type of provider to opt out of Medicare. Be sure to ask any provider if they take your Medicare insurance before you begin receiving services. Remember, if you see an opt-out provider, they must have you sign a private contract. The contract states that your doctor does not take Medicare and you must pay the full cost of the service yourself. Medicare will not reimburse you if you see an opt-out provider. If your provider does not have you sign a contract, you are not responsible for the cost of care.

If you have Original Medicare and need help finding a participating provider, you can use Medicare's Physician Compare tool online or call 1-800-MEDICARE. If you have a Medicare Advantage Plan, call your plan directly for a list of mental health care providers in your plan's network. For additional assistance accessing behavioral health care providers and other local resources, call the Substance Abuse and Mental Health Services Administration (SAMHSA) at 800-662-4357.

-Marci

# VITA: Volunteer Income Tax Assistance



The Bear River Association of Governments will be providing assistance to households who need to have their taxes prepared through the Volunteer Income Tax Assistance program (VITA).

To keep people our volunteers and clients safe during the pandemic we will be preparing

taxes remotely. This means you will have a short appointment where we will scan in your documents and send them to a tax preparer. The preparer will complete the return, then we will contact you to discuss the results, answer any questions, and print off your return for you to pick up. The VITA program will still submit your returns to the IRS on your behalf after you have had a chance to review the program and you are satisfied the return is correctly prepared.

You have two options to schedule an appointment to scan your documents.

**Option 1:** The first is to schedule the appointment through our calendar. Visit the BRAG facebook page at <https://www.facebook.com/BRAGHS> or our VITA facebook page at <https://www.facebook.com/>

UtahFreeTaxHelp and click on the Calendar for scheduling appointments. Choose a day and time, click that time slot and type in your name and phone number and click save. It's that easy! Feel free to have a friend or a family member help you with this as needed.

**Option 2:** You can also call BRAG at 435-713-1449 to schedule an appointment. Please keep in mind that we have limited staff, so if you don't reach someone, please leave a single message with your name and phone number indicating you would like to schedule an appointment to scan you tax documents. A VITA volunteer or BRAG staff will call you back to help schedule the appointment.

Please let us know how we can help. You can send us an email at [cachevita@brag.utah.gov](mailto:cachevita@brag.utah.gov), leave us a message on facebook, or call us. Lets make this tax season the best it can be!

Lucas Martin  
Director of Human Services

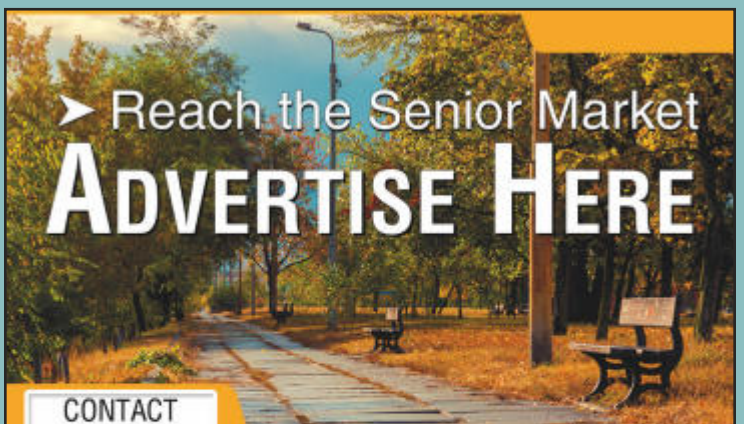
Bear River Association of Governments  
170 N Main, Logan, UT 84321  
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Cache County Senior Center, Logan, UT

B 4C 05-1038

# March

Monday	Tuesday	Wednesday
<p><b>Check out our activity offerings for the next month! Please note if the event is virtual on Facebook LIVE or if it is in person at the Center. Remember to please wear your masks.</b></p>		<p>3 Commodities 2-4</p>
		
<p>15 Facebook LIVE Sit and Be Fit w/ Darrell 2pm</p>		<p>17 Facebook LIVE St. Patties Day Trivia 2pm</p>
		
		<p>31 <b>Parking Lot BINGO!</b> At the Center 1:30pm</p>



# March

Thursday	Friday
4 Facebook LIVE Cooking Class 2pm	
11 Facebook LIVE Craft Class 2pm	
18 Facebook LIVE Tai Chi w/ Roger 2pm	
25 Plant a Flower Day Craft at the Center under the Pavilion 1:30pm Wear a Mask	



*Spring is Here*

Spring is here,  
 In the air,  
 You can smell it coming,  
 On the trees, Leaves are green,  
 Caterpillars sunning.  
 Birds are back,  
 Grass is out,  
 Busy bees are humming,  
 On the trees,  
 Leaves are green,  
 Caterpillars sunning.

HELLO  
 SPRING



# National Council on Aging: COVID-19 Vaccines



## What You Need to Know about the COVID-19 Vaccines

By Kathleen Cameron and Jeremiah McCoy | 1.20.2021

### Key Takeaways

The approved COVID-19 vaccines require two doses to provide optimal protection against the virus.

The vaccine is free for people with and without insurance—beware of scams asking you to pay for it.

Check with your health department, pharmacy, or doctor about when and where to receive the vaccine.

The past year has been historic for many reasons, including the development and launch of COVID-19 vaccines. Importantly, older adults and individuals from diverse backgrounds have been considered at every step during the research and development process. Below are common questions and answers on the COVID-19 vaccines.

### What vaccines are currently available?

Two COVID-19 vaccines have been approved by the U.S. Food and Drug Administration (FDA). Results from large-scale clinical trials from Pfizer/BioNTech and Moderna showed 94-95% effectiveness in preventing illness. These results are remarkable and much better than expected. We can be assured the vaccines are effective, but experts are still reviewing how long they will last.

### How are the vaccines similar and different?

Both vaccines use novel mRNA vaccine technology to give our cells instructions on how to make a harmless protein that is unique to the coronavirus. Our cells make copies of that protein, which our bodies recognize as foreign, prompting an immune response. This immunity then fights the virus that causes COVID-19 if we are infected. Both vaccines require two shots or doses. Neither includes live virus. This vaccine technology is new, but it has been rigorously studied for decades and the research was used to speed vaccine development.

One difference is that the Pfizer/BioNTech vaccine requires very cold temperatures of -94 degrees F. Moderna's vaccine requires storage at regular freezer temperatures. Depending on where you live, the Moderna vaccine may be the only option available.

### Why are two shots needed?

The first dose readies your immune system to respond. It provides some protection from the coronavirus within a couple of weeks. The second dose is the booster that provides optimal protection against the virus. The FDA approved the vaccines using the two-dose regimen.

The second dose of Pfizer's vaccine must be administered 21 days after the first shot, and Moderna's second dose is administered 28 days after the first. You should get your second shot as close to the recommended time as possible.

The two vaccines are not interchangeable, so you must remember which one you received first.

Vaccine sites are providing cards as a reminder.

Bring your card with you when you receive your second dose.

### Is the COVID-19 vaccine safe and are their side effects?

The vaccines were evaluated through the same process as all other vaccines approved by the FDA. Drug companies were required to provide extensive safety data from clinical trials involving tens of thousands of people.

Side effects are normal signs that our bodies are building protection. They may affect your ability to do daily activities, but they should go away in a few days. Common side effects reported so far are pain and swelling at the injection site or upper arm. Others may include fever, chills, tiredness, and headache.

When you receive your vaccine, you will be required to wait at least 15 minutes to check for an allergic reaction, which is rare but may occur in some people, especially those with a history of anaphylaxis. If you fall into this category, speak with your doctor about the vaccine.

### Will I need a vaccine every year?

It's still unclear how long the vaccines will provide protection and whether they will be needed every year like the flu vaccine. For older adults, these questions are very important because as we age, our immune systems weaken. Experts are studying the long-term response to the vaccine.

### What will the vaccines cost?

The federal government has announced that the COVID-19 vaccine will be free for people with Medicare, Medicaid, and private insurance and for those with no insurance. Vaccine providers can bill insurance companies for the cost, so bring your Medicare or other insurance card with you when you get vaccinated. Cont. pg. 9



Be aware of scams! The federal government has provided the following information: You likely will not need to pay anything out-of-pocket to get the vaccine during this public health emergency. You cannot pay to put your name on a list to get the vaccine. You cannot pay to get early access to the vaccine. You will not be solicited door-to-door to receive the vaccine.

No one from Medicare or the health department will contact you. No one from a vaccine distribution site or health care payer, like a private insurance company, will call you asking for your Medicare number, Social Security number, credit card, or bank account information to sign you up for the vaccine.

**Where can I get the vaccine?**

Vaccines have been distributed across the U.S. since mid-December. In general, state and local health departments are responsible for the rollout. To learn more: Start with your local health department. Many communities are setting up vaccine clinics, including drive-through sites. You may be required to register online and schedule a time. Some communities are also using mobile units to bring the vaccine to hard-to-reach individuals. Talk with your local pharmacist about when they will be giving shots. Some pharmacies have

already started. You may have to schedule a time due to high demand. Your pharmacist also can answer your questions.

Check with your doctor or hospital, as they are also receiving the vaccine to administer. Your doctor should be aware of vaccine sites in your community. If you receive care through a health clinic or home health, check with them for the latest information.

Contact your Area Agency on Aging or senior center. To find yours, contact Eldercare Locator (1-800-677-1116).

If you need assistance getting the vaccine, please seek help from family, friends, or neighbors.

**Will I still have to wear a mask and take other precautions after I'm vaccinated?**

Although the vaccines are more than 94% percent effective at reducing illness, we don't yet know whether they reduce the likelihood of contracting the coronavirus and being an asymptomatic carrier and unknowingly infecting others. It also will take some time to vaccinate most of the population.

That's why it's important to continue following the very important safety precautions issued by the CDC, states, and localities.

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# March

Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>Pulled Pork Sandwich</b> Broccoli Salad Pears Chocolate Dipped Cookie	2 <b>Smothered Chicken Burrito</b> Black Bean Salsa Spanish Rice Pineapple/Orange Delight	3 <b>Lasagna</b> Strawberry & Spinach Salad Italian Vegetable Garlic Bread	4 <b>Turkey Noodle Bake</b> Beet Salad Wheat Roll Peach Pie	5 
8 <b>Sliced Roast Beef</b> Creamed Peas w/ Over Diced Potatoes Bread Pudding	9 <b>Beef Chili w/Beans</b> Mixed Green Salad Lemon Pudding w/ Berries Corn bread	10 <b>Teriyaki Meatballs</b> Fried Rice Oriental Veggies Mandarin Oranges	11 <b>Club Sandwich</b> Bean Salad Chips	12 <b>BBQ Shredded Chicken Sandwich</b> Potato Salad Coleslaw Fresh Fruit Cup Orange Slices
15 <b>Loaded Baked Potato</b> Buttered Broccoli Peaches Breadstick	16 <b>Hot Open Faced Turkey Sandwich</b> Mashed Potatoes & Gravy Peas & Carrots Apple Salad	17 <b>Corn Beef &amp; Cabbage</b> Red Potatoes Carrots Lime Dessert	18 <b>Cheese Omelet</b> Crispy Bacon Veggie Hash Fresh Orange Slices	19 <b>Beef Stroganoff</b> Buttered Noodles Cascade Veggies Fruit Cocktail
22 	23 <b>Flank Steak</b> Au Gratin Potatoes Fresh Green Beans Apple Crisp	24 <b>French Toast</b> Sausage Scrambled Eggs Chilled V-8 Juice Fruit	25 <b>Chef Salad</b> Soup Fruit	26 
29 <b>Hot Dog</b> Baked Beans Coleslaw Apple-Berry Crisp Cookie	30 <b>Turkey Stew</b> Caesar Salad Fruit Cup	31 		

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.



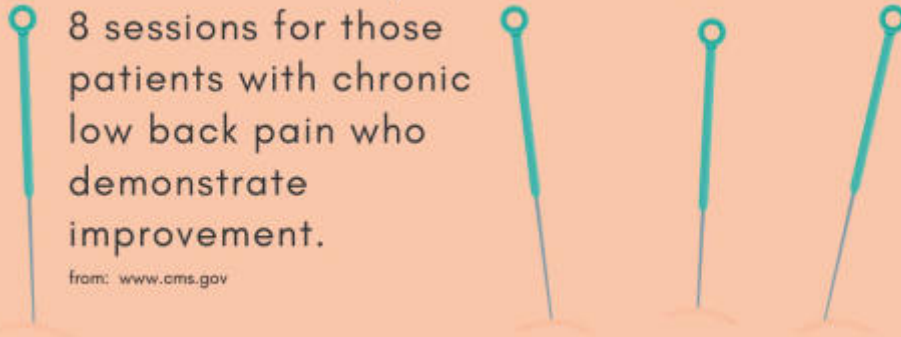
# Medicare and Acupuncture

ship state health insurance  
assistance programs

## Medicare will now cover acupuncture therapy for chronic low back pain

This decision will cover up to 12  
sessions in 90 days with an additional  
8 sessions for those  
patients with chronic  
low back pain who  
demonstrate  
improvement.

from: [www.cms.gov](http://www.cms.gov)



## Staying Active During the Coronavirus Pandemic

Exercise  
is Medicine | AMERICAN COLLEGE  
of SPORTS MEDICINE

The coronavirus (COVID-19) pandemic can make it challenging to maintain a physically active lifestyle. COVID-19 is spread by someone sneezing or coughing into the air or onto a surface, and then the virus enters and infects a new person through their mouth, nose or eyes. The most up-to-date information about COVID-19 can be found on the Centers for Disease Control and Prevention (CDC) website: <https://www.cdc.gov/coronavirus/2019-ncov/about/index.html>

Based on what we know about how the virus moves from one person to another, it is recommended to avoid public gatherings and keep a social distance of 6 feet or more. That, along with advice related to personal care (hand washing, not touching your face) has created concern about exercising in gyms, where hundreds of people are in and out every day.

### Those at greatest risk for severe complications of COVID-19 are:

- older adults (age 65 and older)
- people with chronic diseases (such as diabetes, heart disease and lung disease)
- those with compromised immune systems (such as those going through cancer treatment or with HIV)

**These individuals (and those under "shelter in place" orders) should avoid gyms altogether and exercise at home or in their neighborhood.**

For all of us, young and old, regular physical activity is important for staying healthy! Compared to just sitting around most of the time, *moderate-intensity physical activity is associated with better immune function.* Regular physical activity can help *reduce your feelings of stress and anxiety* (which many of us may be feeling in the wake of the COVID-19 pandemic).

The Physical Activity Guidelines for Americans recommends 150-300 minutes per week of moderate-intensity aerobic physical activity and 2 sessions per week of muscle strength training. Fit in 2, 5, 10 or 20 minutes, however and wherever you can. Every active minute counts!

On the following page are some strategies to maintain physical activity and fitness.



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Stay active.  
Be smart and safe.

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# Free Nutrition Counseling Covered by Medicare – Have You Used This Benefit?

9/19/19 - LEARNING CURVE

A rarely used benefit: Medicare covers up to three hours of personal nutrition counseling for people with diabetes and/or kidney disease after healthcare professional referral. Studies have found that nutrition counseling leads to improved health and fewer complications, and Medicare covers exactly this type of counseling for people with diabetes or kidney disease. And yet, in 2017, only 7% of eligible people used this benefit.

If you are on Medicare, free nutrition counseling is available to you – all you need is a referral from a healthcare professional to a Registered Dietician – look here to find an RD near you. Free services may include:

- Nutrition and lifestyle assessments
- Individual or group nutrition services
- Help with lifestyle factors that affect diabetes, including grocery shopping
- Follow-up visits to track progress
- Telehealth (phone or video) services if you live in a rural area

Medicare will cover three hours of dietary counseling the first year the benefit is used and two hours of counseling in the following years. A healthcare professional can appeal to Medicare for additional counseling if they think it is medically necessary. Get more details on Medicare's website here.

Medicare also offers diabetes self-management training (DSMT), which offers 10-12 hours of free diabetes education. This benefit is also underutilized and covers individual and group sessions that include tips for healthy eating, being active, monitoring blood sugar, taking different diabetes drugs, and reducing risks linked to diabetes.

If you are on Medicare and interested in learning more about nutrition counseling and diabetes self-management training, share this article with a healthcare professional!



## Protect Yourself from Social Security Scams

Be on the lookout for fake calls and emails



Securing today  
and tomorrow

Telephone and email scammers are pretending to be government employees. They may threaten you and may demand immediate payment to avoid arrest or other legal action. Do not be fooled!

### If you receive a suspicious call:

1. **HANG UP**
2. **DO NOT GIVE MONEY OR PERSONAL INFORMATION**
3. **REPORT THE SCAM AT [OIG.SSA.GOV](http://OIG.SSA.GOV)**



## What to look out for



The caller says 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 **pretend** they're from Social Security or another government agency. Caller ID or documents sent by email may look official but **they are not**.



Callers threaten you with arrest or other legal action.

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## Loneliness and Social Isolation — Tips for Staying Connected

There are things you can do to help protect yourself or a loved one from the negative effects of loneliness and social isolation. First, it's important to take care of yourself. Try exercising, eating healthy, getting enough sleep (7 to 9 hours), and pursuing activities you enjoy to help manage stress and stay as mentally and physically healthy as possible.



It's also important to stay active and connect with others. People who engage in meaningful, productive activities they enjoy with others feel a sense of purpose and tend to live longer. For example, helping others through volunteering helps you feel less lonely and allows you to have a sense of mission and purpose in life, which is linked to better health. Studies show activities like these may help boost your mood and improve your well-being and cognitive function.

Here are some other ideas to help you stay connected. Remember to take steps to help keep you safe and active during the [COVID-19 pandemic](#).

- Find an activity that you enjoy, restart an old hobby, or take a class to learn something new. You might have fun and meet people with similar interests.
- Schedule time each day to stay in touch with family, friends, and neighbors in person, by email, social media, voice call, or text. Talk with people you trust and share your feelings. Suggest an activity to help nurture and strengthen existing relationships. Sending letters or cards is another good way to keep up friendships.
- Use communication technologies such as video chat, smart speakers, or even companion robots to help keep you engaged and connected.
- If you're not tech-savvy, sign up for an online or in-person class at your local public library or community center to help you learn how to use email or social media.
- Consider adopting a pet if you are able to care for them. Animals can be a source of comfort and may also lower stress and blood pressure.
- Stay physically active and include group exercise, such as joining a walking club or working out with a friend. Adults should aim for at least 150 minutes (2 1/2 hours) of activity a week that makes you breathe hard.
- Introduce yourself to your neighbors.
- Find a faith-based organization where you can deepen your spirituality and engage with others in activities and events.
- Check out resources and programs at your local social service agencies, community and senior centers, and public libraries.
- Join a cause and get involved in your community.

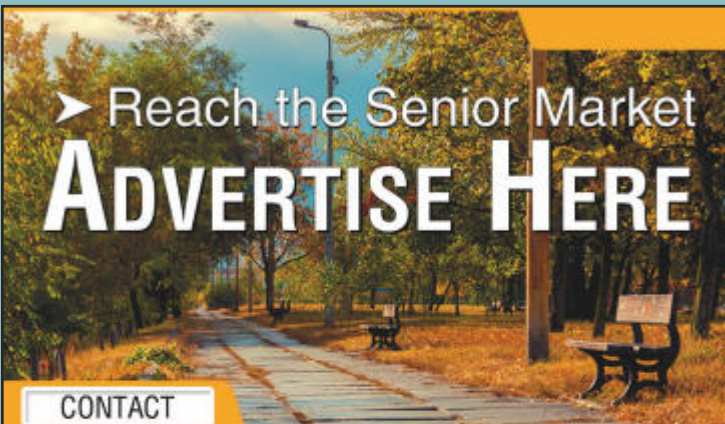


# Cheesy but funny!



**A tomato family is walking down the road, baby tomato falls behind, daddy tomato goes back smacks him on the head and says "Ketchup!"**

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# Adult Coloring

