

# Cache County Senior Center

April 2021

Photo by Mike Bullock



## Commodities

**Pick up April 7th  
from 2pm - 4pm**

We are anxiously waiting to open. As soon as we are made aware of our opening we will let you know of the news. For now enjoy the fun activities that are planned!

This month our Tai Chi class will be celebrating World Tai Chi Day & Qigong Day. Join us for a beautiful day under the trees. This event will be in our green area on the north side

We welcome our new kitchen staff. In our May news letter we will spotlight them. Find a way to enjoy this warm weather and HAPPY SPRING!!



Join us for  
**World  
Tai Chi and Qigong  
Day**

**Saturday, April 24th at 9:30am**

**Outside at the Cache County Senior**

**Citizens Center**

**Masks Encouraged**

**All are Welcome**

**755-1720 240 North 100 East Logan**

# Magic Brownie Bars

## Ingredients

- 1 package (17-1/2 ounces) brownie mix
- 1 package (11 ounces) butterscotch chips
- 2 cups sweetened shredded coconut
- 1 cup chopped pecans, optional

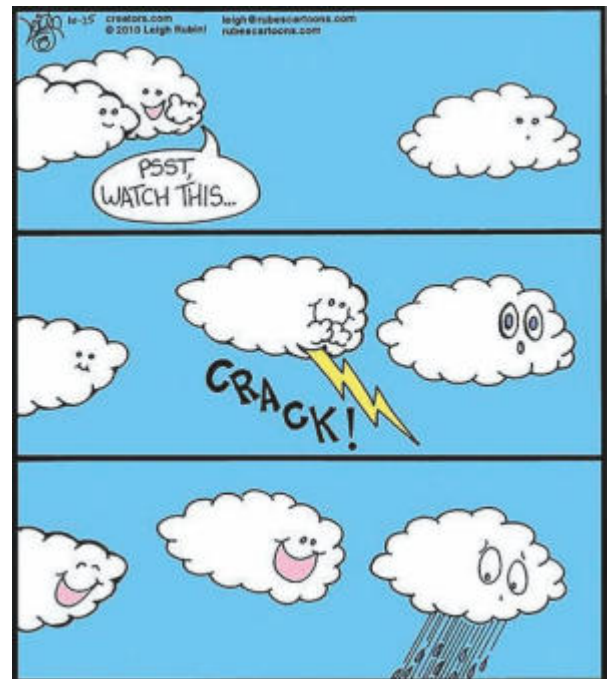


## Directions

Preheat oven to 350°. Line a 13x9-in. baking pan with foil, letting ends extend up sides; grease foil.

Prepare brownie mix batter according to package directions. Transfer to prepared pan. Top with butterscotch chips, coconut and, if desired, pecans. Drizzle with milk. Bake until topping is light golden, 35-40 minutes.

Cool completely in pan on a wire rack. Lifting with foil, remove brownies from pan. Cut into bars. Store in an airtight container.





# 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 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 your 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  
435-713-1448



**SUPPORT THE  
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*that Support  
our Community!*





# April

Monday

Tuesday

Wednesday

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.



12  
Facebook LIVE  
Sit and Be Fit with  
Darrell  
2pm

20  
Craft Class  
Under the Pavilion  
Please RSVP  
and wear a mask  
2pm



# April

Thursday

Friday

15

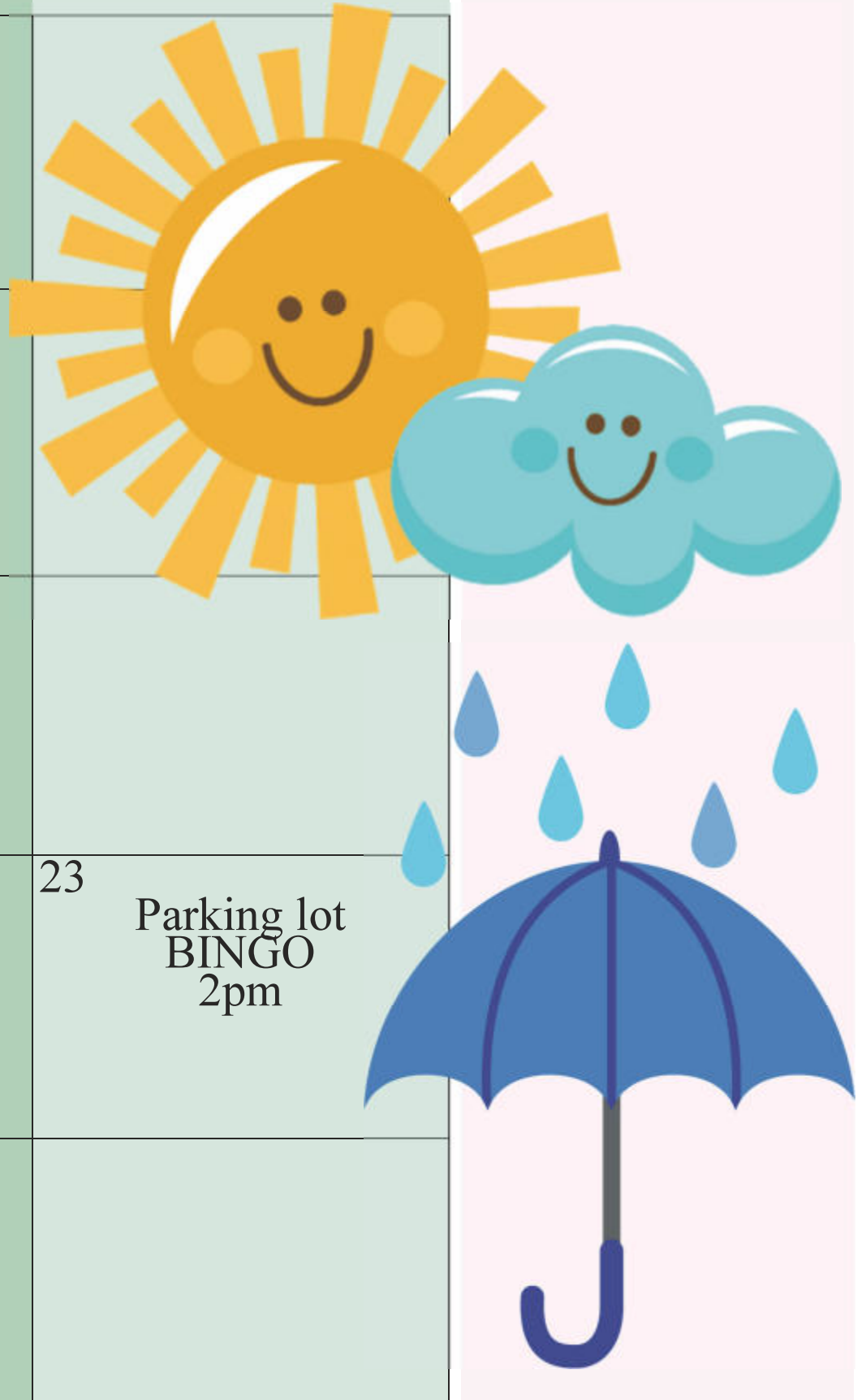
Facebook LIVE  
Tai Chi  
2pm

23

Parking lot  
BINGO  
2pm

29

Craft Class  
Under the Pavilion  
Please RSVP  
and wear a mask  
2pm





**AmeriCorps**  
Seniors **RSVP**  
of Cache & Rich Counties



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# State Health Insurance Planning- SHIP



## Hello Medicare, is that really you?

Medicare will be conducting their Beneficiary Survey via phone due to the COVID-19 pandemic. If you are chosen for the survey, you will receive a letter to schedule a phone interview and alert you that NORC, a company working with Medicare, will be calling you.

Be aware that scammers often pretend to be from Medicare to steal your information. Don't give your personal information over the phone unless you can verify the caller. If you get a call and aren't sure it is legitimate, contact the Medicare surveyors (NORC) at 1-877-389-3429 to make sure it was really them calling.

**SMP** RESOURCE.ORG | 1.877.808.2468 | SUPPORTED BY GRANT # 90MPRC002 FROM ACL

## NEVER MISS A NEWSLETTER !

Sign up to have our newsletter emailed to you at [www.ourseniorcenter.com](http://www.ourseniorcenter.com)



# APRIL

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Beef Stroganoff Green Beans Mixed Fruit Whole Wheat Roll	2 Cheese Enchiladas Fire Roasted Corn Pears
5 French Toast Sausage Spiced Apple Sauce Grapes	6 Tuna Sandwiches Carrot Sticks Cottage Cheese- Pineapple Chips	7 Chefs Choice	8 Veggie Lasagna Italian Veggies Peaches Garlic Toast	9 Hotdog Potato Salad Fruit Fluff
12 Cheesy Vegetable Soup Turkey Sandwich Salad Seasonal Fruit	13 Chicken Tetrzzini Peas & Carrots Diced Pineapple Sliced Bread	14 Swedish Meat Balls over Noodles Roasted Vegetables Fruit Cocktail	15 Turkey Chili Mac w/Cheese Green Salad Fruit Crisp	16 Hearty Egg Scramble Potatoes Peaches Wheat Roll
19 Chicken Teriyaki White Rice Roasted Broccoli Fresh Fruit	20 Baked Ziti Italian Blend Vegetables Peaches	21 Chicken Pot Pie Sun Kissed Carrots Spiced Apple Sauce	22 Tilapia Brown Rice Vegetables Tropical Fruit	23 Creamy White Chile Green Salad Spiced Pears Roll
26 Turkey Burger Carrot Salad Orange Slices Chips	27 Tuna Casserole Roasted Zucchini Peaches	28 Shepard's Pie Spinach Strawberry Salad Seasonal Fruit	29 Chicken Swiss Bake Rice Pilaf Fruit Cup Apple Crisp	30 BBQ Chicken Broccoli Salad Diced Watermelon Whole Wheat Roll

**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.**

**The full cost of the meal is \$7.50 for those under age 60. Please pay at the front desk to receive your meal.**

# RSVP



**FREE GROCERY DELIVERY\***  
during COVID-19



**Call 435-760-4472 to sign up!**



\*For homebound seniors & adults with disabilities only



Volunteers pick up your grocery order from your chosen vendor and deliver it to you



Payment is never handled by volunteers



Volunteers undergo background checks



Online and over-the-phone grocery order options

## Staying Active During the Coronavirus Pandemic

Exercise is Medicine | AMERICAN COLLEGE OF SPORTS MEDICINE

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

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

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

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

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

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

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

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



Stay positive.  
Stay active.  
Be smart and safe.

Brought to you By:



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# Thrive Locally





## Apply for Medicare Online with Social Security

Did you know that you can apply for Medicare online even if you are not ready to retire? Applying online can take less than 10 minutes. There are no forms to sign and usually no required documentation. We'll process your application and contact you if we need more information.

Visit [www.ssa.gov/benefits/medicare](http://www.ssa.gov/benefits/medicare) to begin. There, you can apply for Medicare and find other important information. People are usually eligible for Medicare at age 65. If you want to start receiving Medicare at age 65, your initial enrollment period begins three months before your 65th birthday and ends three months after that birthday.

Some Medicare beneficiaries may qualify for *Extra Help* to pay for the monthly premiums, annual deductibles, and co-payments related to the Medicare Prescription Drug program. You must be receiving Medicare, have limited resources and income, and reside in one of the 50 states or the District of Columbia to qualify for the *Extra Help*. More information on *Extra Help* is available at [www.ssa.gov/benefits/medicare/prescriptionhelp](http://www.ssa.gov/benefits/medicare/prescriptionhelp). You may also be interested in reading these publications:

*Apply Online for Medicare — Even if You Are Not Ready to Retire* [www.ssa.gov/pubs/EN-05-10530.pdf](http://www.ssa.gov/pubs/EN-05-10530.pdf).

*When to Start Receiving Retirement Benefits* [www.ssa.gov/pubs/EN-05-10147.pdf](http://www.ssa.gov/pubs/EN-05-10147.pdf).

Help a friend or family member by sharing this information. It can improve the quality of their life.

### Apply for Retirement Benefits Online with Social Security

It's never too early to start planning for retirement, and our online tools can make your planning easier.

Visit [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount) to access your *my* Social Security account, get a personalized estimate of your retirement benefits based on your earnings record, and find out how your benefit amount increases depending on the age you start them. Don't have a *my* Social Security account? You can create one at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount).

You can also review your entire earnings history in your *my* Social Security account. It is important that your earnings history is correct because we base your benefit amount on the earnings reported to us. If you find an error, the publication, *How to Correct Your Social Security Earnings Record*, at [www.ssa.gov/pubs/EN-05-10081.pdf](http://www.ssa.gov/pubs/EN-05-10081.pdf), tells you how to get your information corrected.

When you're ready to apply for Social Security retirement benefits, you can complete our online application in as little as 15 minutes at [www.ssa.gov/benefits/retirement](http://www.ssa.gov/benefits/retirement). We will contact you if we need any further information. You can check the status of your application with your personal *my* Social Security account too.

You can apply online for Social Security retirement benefits, or benefits as a spouse, if you meet all of the following criteria:

- Are at least 61 years and nine months old.
- Are **not** currently receiving benefits on your own Social Security record.
- Have not already applied for retirement benefits.
- Want your benefits to start no later than four months in the future. (We cannot process your application if you apply for benefits more than four months in advance.)

Find out more about our online services at [www.ssa.gov/onlineservices](http://www.ssa.gov/onlineservices).

# Funnies



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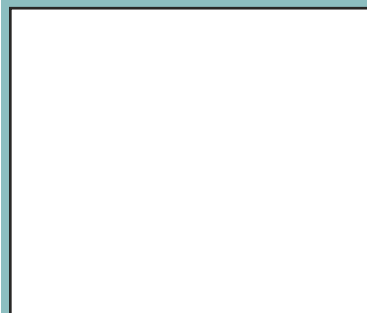
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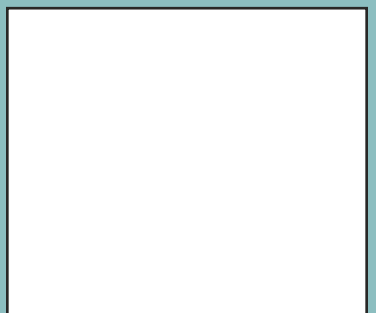
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# Fraud and Scams

## Statement by Acting FTC Chairwoman Rebecca Kelly Slaughter on Enactment of the American Rescue Plan Act

Agency continues aggressive action against COVID-related scams, including those that seek to exploit pandemic relief efforts



Acting Federal Trade Commission Chairwoman Rebecca Kelly Slaughter issued the following statement regarding the enactment of the American Rescue Plan Act of 2021:

“For the millions of Americans who have taken a financial hit because of COVID-19, help is on the way in the form of much needed stimulus payments. This is great news. But we want to remind everyone that scammers always try to take advantage of big headlines to trick people out of their money.

As the head of the FTC, the nation’s consumer protection agency, I want to assure Americans that the FTC is watching closely and will aggressively go after fraudsters who try to exploit the relief effort. Since the pandemic began last year, the FTC has taken down multiple COVID-related scams, including some that promoted bogus work-from-home schemes or peddled sham COVID treatments and supplements, and others that falsely claimed to provide access to small business coronavirus relief programs or fast delivery of personal protective equipment.

Right now, we are particularly on alert for scams that try to trick people out of their stimulus payments. While we at the FTC are working hard to guard against pandemic relief fraud, we also want to empower people to help protect themselves and their friends and family. Specifically, know that:

- The government will not ask you to pay anything up front to get this money.
- The government will not call, text, email, or message you on social media to ask for your Social Security, bank account, or credit card number. Anyone who does is a scammer.
- Anyone who tells you to pay by a wire transfer, gift card, or cryptocurrency is a scammer, regardless of their story.

If you spot one of these scams, or any scam, please tell the Federal Trade Commission at [ReportFraud.ftc.gov](https://www.ftc.gov/ReportFraud). And to learn more about avoiding pandemic-related scams, visit [ftc.gov/coronavirus](https://www.ftc.gov/coronavirus).”





# Utah Food Bank

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



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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  
Vegetables  
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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.

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# Adult Coloring

