

Cache County Senior Center

May 2021

Photo by Mike Bullock



GRAND ReOPENING

We are excited to welcome you back to our Senior Center! Some new processes will be in place for our activities and lunch program.

**Monday
May 10th**

Classes and programs currently being offered will require pre-registration.

Lunch program will be offered in house with a reservation required.

Participants with health concerns due to Covid-19 will be able to pick up a take out lunch with a reservation.



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Slow-Cooker Pantry Chicken Stew

What You Need

1-1/2 lb. boneless skinless chicken thighs, cut into 1-inch pieces

1/4 cup flour 1 pkg. (8 oz.)

sliced fresh mushrooms

2 cups baby carrots

1 small onion, chopped

1 can (14-1/2 oz.) fat-free reduced-sodium chicken broth

1 cup frozen peas

1/2 cup (1/2 of 8-oz. tub) PHILADELPHIA Chive & Onion Cream Cheese Spread



Let's Make It

Toss chicken with flour in slow cooker. Add all remaining ingredients except peas and cream cheese spread; cover with lid. Cook on LOW 6 to 8 hours (or on HIGH 3 to 4 hours). Stir in peas and cream cheese; cook, covered, 30 min

<https://www.myfoodandfamily.com/recipes/15678797912094399716/lifestyle-tips/healthy-living-recipes>

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.

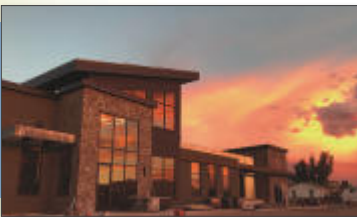
Medicare Cost Sharing Program

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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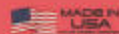


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Maintaining Wellness for Older Adults and Caregivers

This expertise is provided by Andreea Seritan, MD. Life as we know it has changed, and will continue to do so for the next weeks or months. Many older adults have been through life changes and health issues that required adaptation and have great resilience and wisdom. These traits will help them get through another difficult time. However, there are new challenges where we may have lost our few social connections and need to rebuild our activities and connections online. It is very important to structure your day and seek the support you need, such as connecting with technology! Psychiatrist, geriatrician, and UCSF professor Andreea Seritan, MD, provides suggestions below for a healthy balanced day. Tips for older adults living at home. Maintain a daily routine. Structure is very important. Get up at the same time, get out of bed, get dressed, and face the day.

Start your day

Start your day with a few stretches, yoga, or meditation. Mindfulness practice has been shown to reduce stress and anxiety, and has a series of beneficial health effects, including improving cognitive functioning in older adults.

- Yoga workout for older adults
- Body scan meditation for anxiety
- Morning meditation for clarity, stability, and presence
- Eat breakfast

The first meal of the day is important. It is also a chance to sit down and check in with your family, or if you live alone, to take an inventory of your physical and emotional state that day.

Find a time to exercise

Regular exercise for at least 15-20 minutes a day is very important. A good way to make sure you do it is to call or text someone after you exercise to let them know you have done it. Choose a virtual buddy today.

- If you own a stationary bike or treadmill, now is the time to dust these off.
- If you have had physical therapy for an injury or other medical condition, you may still use the exercises the therapist prescribed.
- If you have a pet who needs to be walked, this will help you both!

Stay connected

Researchers have shown that loneliness and social isolation increase older adults' risk of adverse health effects, depression, and even cognitive problems. Your doctors have been advocating the benefits of social activities and getting out of the house to socialize. Now they are forced to advise you otherwise. We need to find other ways to socialize virtually. Using Facetime, Skype, or other video chat tools (or a phone call if video is not an option), set aside a regular time to check in with your family or friends if you weren't already doing so. You can convert club or group meetings to video conference or phone conference calls. This is just as good as being in the same room (for now). For example, book clubs, knitting or other craft clubs, woodwork classes, etc. can all be done online, using the camera in your phone, laptop, or tablet. Do not let your preconceived notions of "I'm not good with technology" or "Technology is for younger people" deter you. That is not true! You can definitely learn a new skill at any age, and it is good for your brain to learn new things. Ask a friend or family member for help, or use tutorials you find online to learn how to do video conferences. For example, a group of older adults learned how to use Zoom and practice meditation together. They thought they couldn't do it, yet they managed, and felt a sense of accomplishment when they did (plus, they didn't miss their mindfulness class).

If you have a medical illness, you may already be a part of a social media group focused on that disease. This is an important social support strategy as the group may have lots of good advice for you. On the other hand, it is important to not focus exclusively on your medical illness, overshadowing other important things that can help you stay active and well at this time.

Continued on pg. 14

Medicare



MEDICARE AND CHANGES IN RESIDENCE MOVING WITHIN STATE



- If you have **Original Medicare**, **notify the Social Security Administration (SSA)** of your move to update your address.
- If you have a **Medicare Advantage Plan** or **Part D plan**, **notify the plan** of your change of address and see if you will still be in your plan's area of coverage.
 - If not, you will have a **Special Enrollment Period (SEP)** to change plans.
 - You can **call Medicare to use your SEP** and change plans.
 - You can **use Medicare's Plan Finder tool** to compare plans.
- If you have a **Medigap**, **call the plan** to ask if the cost of your premium will change.



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May

Monday	Tuesday	Wednesday
		<p>5</p> <p>2-4pm Commodities</p>
<p>10</p> <p>Grand Reopening</p> <p>8:30 Sit and Be Fit</p> <p>11:00 Line Dancing</p> <p>1:00pm Tai Chi</p>	<p>11</p> <p>10:00am Ceramics</p>	<p>12</p> <p>8:30 Sit and Be Fit</p> <p>11:00 Line Dancing</p> <p>1:00pm Tai Chi</p>
<p>17</p> <p>8:30 Sit and Be Fit</p> <p>11:00 Line Dancing</p> <p>1:00pm Tai Chi</p>	<p>18</p> <p>10:00am Ceramics</p>	<p>19</p> <p>8:30 Sit and Be Fit</p> <p>11:00 Line Dancing</p> <p>1:00pm Tai Chi</p>
<p>24</p> <p>8:30 Sit and Be Fit</p> <p>11:00 Line Dancing</p> <p>1:00pm Tai Chi</p>	<p>25</p> <p>10:00am Ceramics</p> <p>1:30pm Parking Lot Bingo</p>	<p>26</p> <p>8:30 Sit and Be Fit</p> <p>11:00 Line Dancing</p> <p>1:00pm Tai Chi</p>
<p>31</p> <p>Closed for Memorial Day</p>		

May

Thursday

Friday

6	7
13 10:00am Ceramics 3:00pm Clogging	14 8:30 Sit and Be Fit 10am Painting Group in Ceramics Room 11:00 Line Dancing 1:00pm Tai Chi
20 10:00am Ceramics 3:00pm Clogging	21 8:30 Sit and Be Fit 10am Painting Group in Ceramics Room 11:00 Line Dancing 1:00pm Tai Chi
27 10am Ceramics 11:00 Craft Class 3:00pm Clogging	28 8:30 Sit and Be Fit 10am Painting Group in Ceramics Room 11:00 Line Dancing 1:00pm Tai Chi
	

As we reopen we are doing so slowly to ensure everyone's safety. You will notice not all of our activities are coming back right away or at the same time.

Class times and days have changed to allow for more spacing.

Check back often as we will be adding more to the schedule in the future.

The cafeteria room will be for eating lunch only and no activities will take place there for sanitation purposes.



Music and the Brain

Music and Dance Help Adults Overcome Movement Disorders

People with Parkinson's harness the power of music to connect, move with others
by Rachel Nania, AARP, June 30, 2020

Many of the participants who show up to Lucy Bowen McCauley's "Dance for PD" classes struggle to walk through the door. Their movements are stiff; their gait unsteady. Some come with canes, while others are in wheelchairs.

But after a few minutes of stretching and warm-up exercises, which are often paired to Broadway tunes or oldies, a transformation takes place. "I feel like we overwhelm the disease with the music," says McCauley, who has been teaching dance in the Washington, D.C., area for more than 20 years. "They're just able to move more." The disease McCauley is referring to is Parkinson's disease, a progressive nervous system disorder that affects movement — hence the name of the class, "Dance for PD." McCauley has been offering the free classes to people living with Parkinson's and their caregivers for more than 10 years. However, the program is one that was developed nearly two decades ago by the Brooklyn, New York-based Mark Morris Dance Group.

Founding teacher David Leventhal's first class had six participants. Now, "Dance for PD" — which focuses on increasing coordination, balance, flexibility and strength through music and movement — is taught in more than 300 communities worldwide.

"It offers people with Parkinson's a chance to think differently about their movements, to control their movements, and to do so in a social environment," Leventhal says about the tailored curriculum. What's more, it arms participants with "a sense of power and grace in their physicality, which is so often something that starts to go away" as Parkinson's progresses.

Music's influence on movement

Music and dance can be effective treatment tools

for people who have a range of age-related diseases, according to a new report on music and brain health from the AARP-founded Global Council on Brain Health (GCBH). In Parkinson's disease, for example, the rhythmic nature of music "provides an external source for meter, like a pulse" that can help activate areas of the brain responsible for movement, explains Julene Johnson, a professor at the Institute for Health and Aging at the University of California, San Francisco and a contributor to the GCBH report.

Studies have shown that rhythm can help improve gait speed and balance in people with Parkinson's disease. It can also reduce falls in those with movement disorders.

Leventhal has witnessed music's power over movement, firsthand. When he turns on a song that resonates with a particular group of "Dance for PD" participants, the slowness and rigidity that go hand-in-hand with the disease begin to fade and movements become more fluid — "almost like they don't have to think about it," he says.

"That means they're really finding a state of flow; they're integrating different parts of their brain to generate that movement experience. And music, I would argue, is one of the primary elements that allows that state to happen," he adds.

The social aspect of "Dance for PD" is another important piece of the puzzle, or, as Leventhal says, "the glue that holds it all together." The group environment encourages hesitant participants to join in. People are also more likely to become fully immersed in music and movement when their friends are dancing with them. "So the social bonds that are inherent in the class are used to generate movement and to sustain movement," he says.

What's more, engaging with others who are going through a similar life experience provides additional support for people living with Parkinson's. Depression, anxiety and feelings of isolation are common non-motor symptoms of the disease. "But this environment is a place where they feel completely comfortable and they feel that they belong," Leventhal adds.

(Continued on next page.)

Music and the Brain

Music and dance's ability to help people form social connections is another reason why experts tout its brain health benefits. Research from the GCBH shows that dancing with others or making music in groups promotes a sense of belonging and well-being, which is associated with reduced dementia risks. (Many people with Parkinson's disease experience damage in the brain that leads to dementia.) Engaging with others also helps individuals maintain thinking skills and slows cognitive decline throughout the aging process.

Taking note of music's brain benefits

Patients, caregivers, therapists and medical professionals are taking note of music's positive influence on Parkinson's and other age-related disorders. All over the country, there are Parkinson's choirs and dance groups that are using music as medicine to help overcome its debilitating symptoms. There are also stroke choirs and Alzheimer's choirs that seek similar benefits.

Leventhal says with chronic neurological diseases such as Parkinson's and Alzheimer's, "the medical field reaches a limit where there just isn't that much more that they can do to support somebody's well-being and quality of life." Both diseases have no cure, just drugs that can help alleviate symptoms in some.

That's where music and dance can fill the void. "They address, head on, that quality of life and well-being that people need and want to maintain for years," Leventhal says.

Retrieved from: <https://www.aarp.org/health/brain-health/info-2020/music-dance-parkinsons.html>

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May

Monday	Tuesday	Wednesday	Thursday	Friday
3 Sweet Pork Salad Peach Cobbler Tropical Fruit	4 Sweet & Sour Meatballs Fried Rice Japanese Blend Vegetables	5 Baked Ravioli Italian Veggies Apple Crisp Garlic Bread	6 Tilapia Brown Rice Green Beans Grapes	7 Chili Sunshine Carrots Spiced Pears
10 Chefs Choice	11 Pizza Caesar Salad Grapes	12 Alpine Chicken Brown Rice Green Beans Peaches	13 Baked Potato Broccoli w/ Cheese Apricot Crisp	14 French Dip Carrot Salad Fruit Cocktail Chips
17 Swedish Meat Balls White Rice Peas & Carrots Melon	18 Beef and Barley Open-Faced Sandwich Pineapple & Grapes	19 Spaghetti Side Salad Pears Garlic Bread	20 Mandarin Chicken Brown Rice Broccoli Mandarin Oranges	21 Ham & Cheese Casserole Peas Sliced Oranges
24 Hamburger Broccoli Salad Watermelon Chips	25 Fish Sticks Coleslaw Tropical Fruit Salad	26 Shredded Chicken Tacos Roasted Corn Fruit Salad	27 Turkey Rollups Mashed Potatoes Peas & Carrots Peaches Roll	28 French Toast Sticks Sausage Strawberries Orange Slices
31 Closed for Memorial Day 				

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.

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Staying Active During the Coronavirus Pandemic

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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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Medicare



Dear Marci

I am new to Medicare. My income and assets are on the low side and I'm having difficulty paying for my prescription drugs. A neighborhood counselor told me about Extra Help. Do you think this is something for me?
Sincerely, Stefano

Dear Stefano,

Extra Help, also referred to as the Low-Income Subsidy (LIS), is an option worth exploring. This is a federal program that helps pay for Medicare prescription drug coverage (Part D) costs. In 2021, if your monthly income is below \$1,610 for singles (\$2,177 for couples) and your assets are below specified limits, you may be eligible. **Even if your income or assets are above the limit, you may still qualify** for Extra Help because certain types of income and assets may not be counted. For example, if you are a homeowner, your house is exempt.

If you are approved for enrollment in a Medicare Savings Program (MSP), then you will be automatically enrolled in Extra Help. Your Extra Help benefits will have the same effective date as your MSP benefits.

If you do not qualify for an MSP, but you do qualify for Extra Help, you can apply through the Social Security Administration (SSA) using either the agency's print or online application at www.ssa.gov. You may qualify for full or partial Extra Help. With full Extra Help, you should pay no Part D premium as long as you choose a plan that offers basic coverage and has a premium **at or below the Extra Help benchmark premium amount** for your state. The benchmark amount varies by state. You will also pay no deductible and have low copays for your drugs. If you have partial Extra Help, in 2017, you will pay a share of your plan's premium, an \$82 deductible, and reduced copays.

If you have Extra Help, you will have a Special Enrollment Period (SEP) to change your prescription drug coverage up to once per month. You can choose a new stand-alone Part D plan, enroll in a Medicare Advantage Plan with prescription drug coverage, or disenroll from your Medicare Advantage Plan and enroll in a stand-alone Part D plan with Original Medicare. Changes made usually take effect the first of the following month. For example, someone may want to change their plan if they need to take a drug that their current plan does not cover. If this person has Extra Help, they have the option of enrolling in a new plan that does cover their drug.

Stefano, depending on the availability in your state, there are two other programs that can help with your Medicare prescription drug costs: state pharmaceutical assistance programs (SPAPs) and patient assistance programs (PAPs).

An SPAP is a state-based program that can help pay the cost of your drugs. Not all states have an SPAP. SPAPs have specific eligibility requirements, application instructions, and rules you must follow in order to get the benefit. You can contact your State Health Insurance Assistance Program (SHIP) to learn if there is an SPAP in your state, or visit www.medicare.gov/pharmaceutical-assistance-program/state-programs.aspx.

A drug manufacturer can offer a PAP, which is an assistance program that provides discounts on certain drugs. These programs can be an option if your income and assets are too high to qualify for a Medicare Savings Program and/or Extra Help. There are different PAPs, and each generally offers discounts on a specific type of brand name or generic medication. The drug manufacturers, not the state or federal government, provide the discounts. Each program has eligibility requirements, application instructions, and rules you must follow to get the benefit. For example, some PAPs only work if you do not have Medicare prescription drug coverage. You can contact your SHIP to learn more about PAPs, or visit www.rxassist.org or www.needymeds.org.

To find your SHIP's contact information, you can go to www.shiptacenter.org or call 1-877-839-2675 for assistance. A SHIP counselor can help you understand your situation and discuss your specific health insurance needs.

Fraud Alert

Don't open your door to grandparent scams

When it comes to scammers, nothing is sacred — including the bond between grandparent and grandchild. Lately, grandparent scammers have gotten bolder: they might even come to your door to collect money, supposedly for your grandchild in distress.

These kinds of scams still start with a call from someone pretending to be your grandchild. They might speak softly or make an excuse for why they sound different. They'll say they're in trouble, need bail, or need money for some reason. The "grandkid" will also beg you to keep this a secret — maybe they're "under a gag order," or they don't want their parents to know. Sometimes, they might put another scammer on the line who pretends to be a lawyer needing money to represent the grandchild in court.

But, instead of asking you to buy gift cards or wire money (both signs of a scam), the scammer tells you someone will come to your door to pick up cash. Once you hand it over, your money is gone. But you might get more calls to send money by wire transfer or through the mail.

To avoid these scams and protect your personal information:

- Take a breath and resist the pressure to pay. Get off the phone and call or text the person who (supposedly) called. If you can't reach them, check with a family member to get the real story. Even though the scammer said not to.
- Don't give your address, personal information, or cash to anyone who contacts you. And anyone who asks you to pay by gift card or money transfer is a scammer. Always.
- Check your social media privacy settings and limit what you share publicly. Even if your settings are on private, be careful about what personal identifiers you put out on social media.

If you lost money to this kind of scam, it was a crime, so file a report with local law enforcement. And if you get any kind of scam call, report it at [ReportFraud.ftc.gov](https://www.consumer.ftc.gov).

Retrieved from: <https://www.consumer.ftc.gov/blog/2021/04/dont-open-your-door-grandparent-scams>

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Cache County Senior Center, Logan, UT

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Health and Wellness

Start a new project that inspires you

Creativity is very important for brain health. Now is a good time to complete projects you may have started long ago that fell by the wayside because you couldn't find the time to focus on them. With a calendar empty of most in-person commitments, you will find yourself with a lot of time on your hands. You can organize photos, make a scrapbook, take up or practice your drawing, knitting, or building objects.

Stay active intellectually. There are many ways to do so besides reading. Internet searches help activate many parts of your brain (but please limit the time you spend on the news). You can play chess, go, sudoku, do crossword puzzles, or other games such as Words with Friends. Or you can learn a new language, using apps such as:

- [Duolingo](#)
- [Babbel](#)
- [Memrie](#)

For those who are still working and may not be used to telecommuting, we recommend setting aside a quiet space and maintaining the same routine, as if you were in the office. Sit at your desk (not in your pajamas) and get up and stretch or walk around every hour. (You can set a timer on your computer to help you do so.) Remember, cutting the commute means you are more productive, but working from home can also become “seamless,” in that you never stop. You should set a start and stop time, with clear lunch or coffee breaks.

Take extra care of your mental health and get enough sleep

For those with a history of anxiety and/or depression, if you feel the familiar symptoms coming back, first call your doctor and ask for advice. Many doctors' offices may offer video visits at this time. Another way to try to prevent the return of anxiety or depression is to do one of two things (or both) every day:

Choose an activity that is pleasurable: Call a friend or family member, go out into the backyard, listen to the birds, take photos of a wonderful sunset)

Choose an activity that involves mastery: Learn a new skill (such as doing video conferences, finishing a crossword puzzle, or learning 10 new words in a foreign language) and take a moment to celebrate the accomplishment. Remind yourself that you are learning new things and this keeps your brain healthy.

Last but not least, sleep hygiene - setting and maintaining good sleep habits - is very important.

<https://psychiatry.ucsf.edu/copingresources/olderadults>

Funnies



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