

Cache County Senior Center

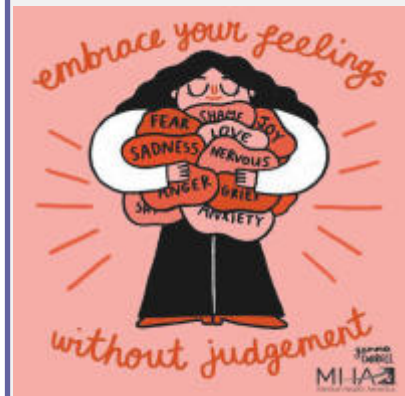
June 2021

Photo by Mike Bullock



**Commodities
Pick up
Tuesday, June 1
from 1pm - 3pm**

Tai Chi-
We are interested in offering a Tai Chi class on Tuesday and Thursday evenings. If this is something that interests you please call Colby to be added to our list 755-1726. Class will begin at 5:45 p.m.



Hello friends! It has been such a long time and I can finally shout and say Hooray! It has been so fun seeing everyone come back and enjoy the center. I want to especially say thank you for your patience in working with us and allowing us to slowly transition to a full schedule. We are excited to have everything up and running. The center has undergone quite a few changes. I welcome Victoria Kirk as our new kitchen supervisor, Dawson Croxall and Karina Ochoa as kitchen assistants. We look forward to getting to know them and are happy that they are part of our team. We welcome Jesse Walker as our new recreation specialist. We are looking forward to all the new ideas that he is thinking of adding to our calendar. He is starting off by adding a meditation class and a photography class! Look for these dates in the events calendar. We have been without a custodian for a year now and I can't tell you how happy we as staff are to welcome Delmy Velazquez. She is highly skilled and has extensive background in custodial services.

The cafeteria will remain closed in the mornings up until 11 am. This will allow for the cafeteria to remain sanitized. All activities and groups that require the cafeteria will be need to be done by 2:30 p.m. so that our janitor can spend the rest of the afternoon cleaning and sanitizing the room. We appreciate your cooperation in this and all of the changes that have been made.

Giselle





Grilled Chicken with Mango Avocado Salsa

★★★★★

Spiced grilled chicken breasts topped with a sweet and tangy mango avocado salsa.

Course

Cuisine	American
Prep Time	5 minutes
Cook Time	10 minutes
Total Time	15 minutes
Servings	4
Calories	401kcal
Author	Rena

Ingredients

- 4 thin boneless skinless chicken breasts
- 2 teaspoons olive oil
- 2 teaspoons chili powder
- salt to taste
- 1 cup diced mango
- 1 cup diced avocado
- the juice of 1 lime
- 1/2 cup minced red bell pepper
- 1/4 cup chopped cilantro

Instructions

1. Heat a grill over medium-high heat. Drizzle the olive oil over the chicken breasts and sprinkle with the chili powder and salt to taste.
2. Grill for 4-5 minutes on each side or until cooked through.
3. While the chicken is cooking, combine the mango, avocado, red bell pepper and cilantro in a bowl. Stir in the lime juice and salt to taste.
4. Spoon the salsa over the chicken and serve.



- Mangoes help fight cancer
 - Helps reduce kidney stones
 - Mangoes are Rich in Iron
 - Keep cholesterol level in check
 - Beneficial for Good Digestion.
 - Mangoes alkalize the body
 - Strengthen your Immune System
 - Mangoes could help in weight loss
 - Aid Concentration and Sharp memory
 - Mangoes help prevent Heat stroke
- #PinoyRecipeAtIbaPa

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 doctor appointment 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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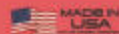
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Cache County Senior Center, Logan, UT

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Medicare



Dear Marci

Dear Marci,

I plan to move abroad permanently when I retire next year. How will living outside of the U.S. affect my Medicare coverage?

-Walter (Eugene, OR)

Dear Walter,

If you move outside the United States permanently, you should decide whether to keep Medicare Parts A and B. It is important to remember that you can have Medicare while you live abroad, but it will usually not cover the care you receive.

Since most people pay no premium for Part A coverage, it is usually best to keep Part A, even if you are moving abroad, because it is free. If you are enrolled in premium-free Part A, you cannot disenroll without having to pay all benefits you've received back to the Social Security Administration (SSA), including Social Security monthly retirement or disability payments and claims paid by Medicare Part A. If you must pay a premium for Part A, be aware of the high monthly cost for maintaining Part A coverage.

To have Part B coverage, you must pay the monthly Part B premium. You may want to keep Part B if you plan to move back to the U.S. in the future or visit frequently. This is because paying the premium to keep Part B when abroad will ensure that Medicare will cover your care whenever you travel to the U.S., and that you will not face premium penalties or gaps in coverage. If you fail to pay for Part B while abroad, when you move back to the U.S. you may go months without health coverage. This is because you may have to wait until the General Enrollment Period (GEP), which runs January 1 through March 31 each year, with coverage starting July 1.

Keeping Part B may not be worth the cost if you plan to live abroad permanently and do not take frequent trips to the U.S. To stay enrolled in Part B, you must continue to pay monthly Part B premiums even though Medicare will not cover your care. If you plan to move back to the U.S. or travel back frequently, you might still consider dropping Part B only if:

- You or your spouse currently work outside the U.S. for a company that provides you with health insurance, or you or your spouse work in a country with a national health system. You will qualify for a Special Enrollment Period to enroll in Part B without penalty. This SEP begins at any time while you (or your spouse) are still working and for up to eight months after you lose your health coverage or stop working.
- You volunteer internationally for at least 12 months for a tax-exempt non-profit organization and have health insurance during that time. You will have a six-month Special Enrollment Period to enroll in Medicare without gaps or penalties. This SEP begins once your volunteer work stops or your health insurance outside of the U.S. ends, whichever is earlier.

If you have a Medicare Advantage or Medicare Part D plan before you move abroad, you should disenroll and stop paying these premiums when you move because these plans require that you live in their service area in order to be enrolled.

Before you move abroad, make sure to explore your options for health coverage in whichever country you may reside. Once you are a resident of certain foreign countries, you may qualify for national health insurance, or you may be able to buy private health insurance. Get specifics about this coverage to ensure that coverage will be adequate and affordable now and in the future.

Best of luck on your big move!

-Marci

Meals on Wheels

What our volunteers say about
delivering Meals on Wheels:

**"I LOVE THIS PART
OF MY WEEK!"**

-Current Meals on Wheels Volunteer

Want to give yourself a weekly boost?



Meals on Wheels

Help deliver lunch meals once a week
to homebound older adults in our community!

Contact Jaycee at the Cache County Senior Center for details:
435-755-1720 jaycee.harrison@cachecounty.org



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June

Monday	Tuesday	Wednesday
	<p>1 10:00 Breakfast Club</p> <p>10:00 Ceramics</p> <p>9-11 Commodities</p>	<p>2 11:00 Line Dancing</p> <p>1:00 Tai Chi</p>
<p>7 11:00 Line Dancing</p> <p>1:00 Tai Chi</p>	<p>8 10:00 Ceramics</p> <p>1:30 Bingo</p>	<p>9 10:00 Adult Coloring</p> <p>11:00 Line Dancing</p> <p>1:00 Tai Chi</p>
<p>14 11:00 Line Dancing</p> <p>12:30 Jeopardy</p> <p>1:00 Tai Chi</p>	<p>15 10:00 Ceramics</p> <p>10:00 Breakfast Club</p> <p>1:30 Board Games</p>	<p>16 10:00 Photography Class</p> <p>11:00 Line Dancing</p> <p>1:00 Tai Chi</p>
<p>21 11:00 Line Dancing</p> <p>1:00 Tai Chi</p>	<p>22 10:00 Ceramics</p> <p>1:30 Bingo</p>	<p>23 10:00 Adult Coloring</p> <p>11:00 Line Dancing</p> <p>1:00 Tai Chi</p>
<p>28 11:00 Line Dancing</p> <p>1:00 Tai Chi</p>	<p>29 10:00 Ceramics</p> <p>10:00 Breakfast Club</p> <p>1:00 Movie: Father of the Bride</p> <p>1:30 Board Games</p>	<p>30 11:00 Line Dancing</p> <p>1:00 Tai Chi</p> <p>2:00 Book Club</p>

June

Thursday

Friday

3
10:00 Ceramics

1:00 Knotty Knitters

3:00 Clogging

4
8:30 Sit and Be Fit w/ Darrell
10:00 Painting Group
11:00 Line Dancing
12: 15 Lunch & Learn: Mindfulness w/ Jesse
1:00 Tai Chi

10
10:00 Ceramics

10:00 Poker

1:00 Knotty Knitters

3:00 Clogging

11
8:30 Sit and Be Fit w/ Darrell
10:00 Painting Group
11:00 Line Dancing
1:00 Tai Chi
2:30 Meditation Group

17
10:00 Ceramics

10:00 Poppy Field Trip
12:30 Lunch & Learn: Brain Health– University of Utah
1:00 Knotty Knitters
3:00 Clogging

18
8:30 Sit and Be Fit w/ Darrell
10:00 Painting Group
11:00 Line Dancing
1:00 Tai Chi
1:00 Cognitive screening w/ University of Utah

24
10:00 Ceramics

1:00 Knotty Knitters

3:00 Clogging

25
8:30 Sit and Be Fit w/ Darrell
10:00 Painting Group
11:00 Line Dancing
1:00 Tai Chi
2:30 Meditation Group



Welcome!

You may notice there are many activities back.

Here are a couple more to enjoy.

Computer Room
8:30-4:00pm
(printing is not currently available)

Pool Room
8:30-4:00pm

Exercise Equipment
8:30-4:00pm

Library
8:30-4:00pm

Quilting
11:00-2:30pm

Help with Internet

WHAT YOU SHOULD KNOW ABOUT THE EMERGENCY BROADBAND BENEFIT



What is it?

A temporary FCC program to help households struggling to afford internet service during the pandemic.

The benefit provides:

- Up to \$50/month discount for broadband services;
- Up to \$75/month discount for households on qualifying Tribal lands; and
- A one-time discount of up to \$100 for a laptop, desktop computer, or tablet purchased through a participating provider.

Who is eligible?



A household is eligible if one member of the household:

- Has an income that is at or below 135% of the Federal Poverty Guidelines or participates in certain government assistance programs;
- Receives benefits under the free and reduced-price school lunch or breakfast program;
- Received a Federal Pell Grant during the current award year;
- Experienced a substantial loss of income due to job loss or furlough since February 29, 2020; or
- Meets the eligibility criteria for a participating provider's existing low-income or COVID-19 program.

How do I apply?

There are three ways to apply for the Emergency Broadband Benefit.

1 Contact your Preferred Participating Provider Directly

Ask your provider if they participate in the EBB, or use our online tool to find a participating company near you.



2 Online

Use the online application at [GetEmergencyBroadband.org](https://www.getemergencybroadband.org)



3 By Mail

Print an application in English or Spanish. Complete the application and send with proof of eligibility to:

Emergency Broadband Support Center
P.O. Box 7081
London, KY 40742

For additional information, Call 833-511-0311, or visit [fcc.gov/broadbandbenefit](https://www.fcc.gov/broadbandbenefit)

Activities



Photography Class
WEDNESDAY,
JUNE 16TH - 10:00 AM

Come practice and discuss photography.
Bring your own camera if you have one.

Meditation Group

COME JOIN US FOR A SHORT
GUIDED MEDITATION AND
DISCUSSION OF
MINDFULNESS CONCEPTS.
NO EXPERIENCE REQUIRED.

Friday June 11 & 25th
2:30 PM

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to you at www.mycommunityonline.com



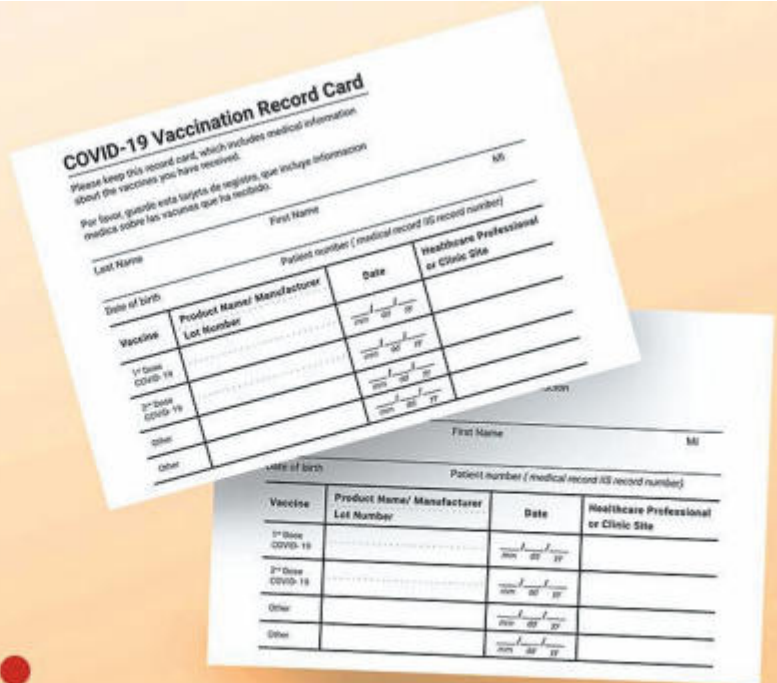
June

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Club Sandwich Grape Salad Pineapple Fluff Chips	2 Meatloaf Au Gratin Potatoes Green Beans Pears	3 Tuna Noodle Casserole Beets Apricots	4 Chef's Choice
7 French Toast Sticks Sausage Spiced Apple Sauce Fruit	8 Beef Nachos Grilled Corn Watermelon	9 Honey Mustard Ham & Cheese Sandwich Cucumber Salad Grapes	10 BBQ Ribs Mac & Cheese Coleslaw Oranges	11 Asian Chicken Salad Pears Fortune Cookie
14 Chefs Choice	15 Spaghetti w/ Meat Sauce Italian Veggies Peaches Garlic Bread	16 Belgium Waffles w/ Berries Sausage Links Spiced Pears Fruit Parfait	17 Hot Dogs Carrot Salad Watermelon Chips	18 Lemon Pepper Cod Wild Rice Roasted Broccoli Fruit Cup Blueberry Buckle
21 Beef Stroganoff Roasted Veggies Spiced Apple Sauce	22 Oven Fried Chicken Mashed Potato & Gravy Honey Kissed Carrots Wheat Roll	23 Shepherd's Pie Capri Vegetables Mixed Fruit	24 Chef's Choice	25 Broccoli Cheese Casserole w/ Ham Mandarin Oranges & Pineapple Wheat Roll
28 Chili over Cornbread Peas & Carrots Spiced Pears	29 Pork Oven Baked Fajita Corn & Black Bean Salad Sliced Cantaloupe	30 Chef's Choice		

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.

Fraud

Creating counterfeit COVID-19 vaccination cards is **ILLEGAL.**



REPORT FRAUD: TIPS.HHS.GOV | 1-800-447-8477

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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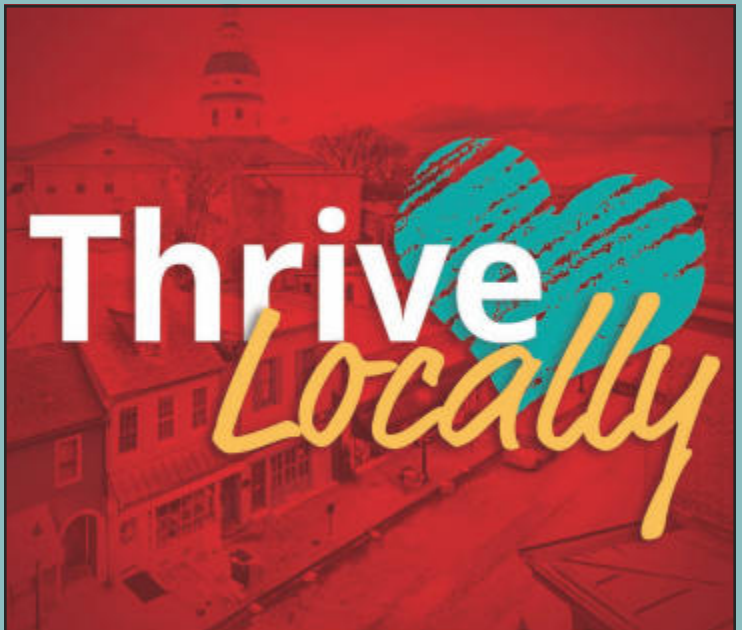
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ship state health insurance
assistance programs

Medicare Savings Programs (MSPs)

Medicare Savings Programs (MSPs) are state programs that assist you with paying your Medicare costs. To qualify for a MSP, you must meet your state's income and asset limits. Below are the **baseline federal** income and asset limits for each MSP. There are three main programs, each with different benefits and eligibility requirements:

Qualified Medicare Beneficiary (QMB)

- Pays Part A and B premiums
- Eliminates cost-sharing for Medicare-covered services

Monthly income limit

Individual: \$1,094

Couple: \$1,472

Asset limit

Individual: \$7,970

Couple: \$11,960



Specified Low-income Medicare Beneficiary (SLMB)

Pays Part B premium

Monthly income limit

Individual: \$1,308

Couple: \$1,762

Asset limit

Individual: \$7,970

Couple: \$11,960

Qualifying Individual (QI)

Pays Part B premium

Monthly income limit

Individual: \$1,469

Couple: \$1,980

Asset limit

Individual: \$7,970

Couple: \$11,960



Mental Health

It's easy to fall into negative thinking patterns and spend time bullying yourself, dwelling on the past, or worrying about the future. It's part of how we're wired – the human brain reacts more intensely to negative events than to positive ones and is more likely to remember insults than praise. During tough times, negative thoughts are especially likely to spiral out of control. When these thoughts make something out to be worse in your head than it is in reality, they are called cognitive distortions.

FAST FACT

GETTING OUT OF THINKING TRAPS

One study found that 85% of what we worry about never happens at all, and in the 15% of times where worries came true, 79% of people handled the difficulty better than expected, or learned a valuable lesson from the experience.



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Concerned about your
MEMORY or **THINKING** skills?
Want to learn more about brain health?

Come to a presentation on maintaining brain health and sign up for a FREE Memory & Thinking Skills Screening!



COGNITIVE CONCERNS CLINIC

These screenings are like a routine health check-up for your brain. While the result is not a diagnosis, it can help determine whether you should see a physician for a full evaluation

Where: Cache County Senior Center

When: Lunch and Learn presentation on Thursday, June 17 at 12:15 p.m., screening appointments Thursday from 1:30 to 4:00 p.m. and Friday from 10:00 a.m. to 12:30 p.m.

Sign up for an appointment by going to this link:

<https://forms.gle/3HA9xMbtSbPaS1m76>

or by calling the
senior center
755-1720

The Cognitive Concerns Clinic is a training clinic under the supervision of Yana Suchy, PhD, ABBP-CN, a licensed neuropsychologist and University of Utah faculty

Field Trips

Poppy Flowers in Mantua Field Trip

Thursday, June 17th,
10:00 AM

\$3 bus fee plus your normal
lunch donation. The kitchen will
pack a picnic lunch. Sign up at
the front desk with Marisol.



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Games

Replace the Missing Letters Overview: Fill in the missing letters to reveal a list of THINGS THAT ARE COMMONLY DELIVERED TO HOMES.

1. PI _ _ _ (1)
2. D _ A _ ER _ (1)
3. _ LO _ E _ S (1)
4. _ UN _ MA _ _ (2)
5. G _ O _ ERI _ S (1)
6. MA _ A _ IN _ S (1)
7. TA _ RE _ _ ND (2)
8. _ EW _ _ APE _ _ (1)
9. C _ INE _ _ F _ O _ (2)
10. B _ _ TLE _ _ ATE _ (2)
11. _ E _ F _ _ NI _ _ RE (2)
12. HO _ _ A _ _ LIA _ _ ES (2)
13. _ IRT _ DA _ _ AL _ _ ONS (2)
14. _ _ ESC _ _ PTIO _ ME _ _ _ INE (2)
15. _ AUND _ _ AN _ D _ _ _ LEA _ IN _ (4)

ANSWERS 1. PIZZA 2. DIAPERS 3. FLOWERS 4. JUNK MAIL 5. GROCERIES 6. MAGAZINES 7. TAX REFUND 8. NEWSPAPERS 9. CHINESE FOOD 10. BOTTLED WATER 11. NEW FURNITURE 12. HOME APPLIANCES 13. BIRTHDAY BALLOONS 14. PRESCRIPTION MEDICINE 15. LAUNDRY AND DRY CLEANING