

Photo by Mike Bullock



Commodities
Pick up Jan 4th
1-3pm

Care Giver Academy

6-part Series

The Caregiver Academy assists caregivers in learning essential skills.

Workshops include:

- Find caregiver resources
- Compassion Fatigue
- Setting boundaries
- Involving families
- Coping with difficult behaviors
- In-home and facility based care choices

Part 1 begins: **January 25**
@ 2:00 pm

435-755-1720 to sign up

Bingocize

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THURSDAY
STARTING JAN.
13TH AT 10AM

PLEASE RSVP AT
FRONT DESK



Healthier Chewy Peanut Butter Oatmeal Bars Recipe

Only 6 ingredients needed to make these Chewy Peanut Butter Oatmeal Bars. They come together in a matter of minutes and you can feel good about feeding them to your family because of the healthy ingredients that are used to make them.

Equipment

- Large Bowl
- Mixing Bowl
- 8x8-inch baking pan
- parchment paper
- Microwave Safe Bowl

Ingredients

- 1 cup quick oats
- 1 cup unsweetened shredded coconut
- ½ cup crushed pretzels
- dash of salt
- ½ cup Honey
- ½ cup natural peanut butter
- ½ cup sugar free chocolate chips melted
- 1 Tablespoon coconut oil melted

Instructions

In a large bowl, combine oats, coconut, crushed pretzels and salt.

In another bowl, combine honey and peanut butter (if you find it hard to mix them together, feel free to warm them in the microwave for 10-12 seconds) and pour over dry ingredients. Gently mix together until completely combined.

Line an 8 x 8 inch baking dish with parchment paper. Pour mixture into pan and press firmly with a piece of folded over parchment paper to avoid sticking to your hands (or spray your hands with nonstick cooking spray and push mixture into place).



Mix melted chocolate chips and coconut oil together in the microwave or on the stove top.

Place pan in freezer for about 30 minutes or until bars are firm.

Remove bars from the freezer. Spread melted chocolate over the bars and cut into 12 pieces.

Resources

Transportation Vouchers

Clients can be reimbursed for travel costs to doctor appts. 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. appts. 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.

Medicare Cost Sharing Program

Medicare Savings Programs help 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 pay the cost of prescription drugs. Contact Giselle or Colby to see what cost sharing program works best. For an appt. please call 755-1720.

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 appt. at 755-1720

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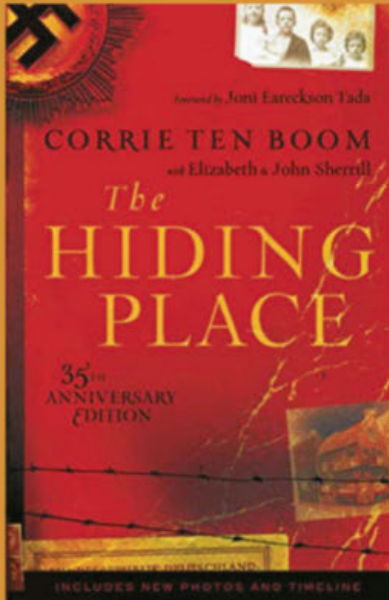
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wclough@lpicommunities.com or (800) 950-9952 x2635

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Events & Activities

Join our book club as we read:



Discussion at the senior center
on 26 January at 2pm

CACHE COUNTY SENIOR CENTER



Monthly Birthday Party

1st Friday of every
month



We will sing and have cake for all
the birthdays that month



**SUPPORT THE
ADVERTISERS**
*that Support
our Community!*



January 2022

Monday	Tuesday	Wednesday
<p>3</p> 	<p>4 10:30 Tai Chi 11:00 Writers Group 1:00 Commodities</p>	<p>5 10:45 Poker 1:00 Photography Group</p>
<p>10 11:00 New Years Resolution Activity: Goal-setting! 12:30 Jeopardy 1:00 Cooking class with Jenna from USU Extension</p>	<p>11 10:30 Tai Chi 11:00 Writers Group 12-4 AARP Safe Driving Course 1:00 Craft: Snowflakes</p>	<p>12 10:45 Poker 12:10 Lunch & Learn: National Pharmacist Day</p> 
<p>17</p> 	<p>18 10:30 Tai Chi 11:00 Writers Group 1:00 Movie: El Dorado (John Wayne, 1967)</p> 	<p>19 11:30 Foot Clinic (must sign up in advance) 12:00 Lunch Music: Music by Marly 1:00 Bingo</p>
<p>24 12:30 Jeopardy 12:00 Pie Eating Contest</p>	<p>25 10:30 Tai Chi 11:00 Writers Group 1:00 Movie: Hidden Figures (2016) 2:00 Caregiver Academy</p>	<p>26 10:45 Poker 2:00 Book Club discussing The Hiding Place</p>
<p>31 11:00 Loteria</p>	<p>"Darkness cannot drive out darkness; Only light can do that. Hate cannot drive out hate; Only love can do that." <i>-Dr. Martin Luther King</i></p>	

January 2022

Thursday	Friday
6 9:30 Sit & Be Fit 11:00 Yoga 1:00 Music Bingo with Hannah! 1:00 Mahjong 	7 11:00 Remembering Elvis: Stories about The King 11:00 Blood Pressure 12:10 Lunch Music: Tim Love, Oldies But Goodies (50s - 70s) 2:15 Mindfulness Group
13 9:30 Sit & Be Fit 10:00 Bingocize 11:30 Out to Lunch Bunch: Tandoori Oven 11:00 Yoga	14 10:00 Sewing: Quilt block of the month 2:15 Mindfulness Group 
20 9:30 Sit & Be Fit 10:00 Bingocize 11:00 Yoga 1:00 Mahjong 	21 11:00 Blood Pressure 2:15 Mindfulness Group
27 9:30 Sit & Be Fit 10:00 Bingocize 11:00 Yoga 12:30 Red Hats	28 10:00 Sewing: project of the month 2:15 Mindfulness Group 

Daily Activities

Every Day

8:30 Fitness Room
 8:30 Pool Room
 8:30 Library
 11:00 Quilting

Monday

11:00 Line Dancing
 12:15 Bridge
 1:00 Tai Chi

Tuesday

8:30 Ceramics
 10:30 Tai Chi
 11:00 Writers Group
 1:00 Knotty Knitters

Wednesday

11:00 Line Dancing
 12:15 Bridge
 1:00 Tai Chi
 1:00 Bobbin Lace Group

Thursday

8:30 Ceramics
 9:30 Sit & Be Fit
 10:00 Mindfulness Group
 11:00 Yoga
 12:15 Bridge
 1:00 Knotty Knitters
 2:30 Clogging

Friday

10:00 Painting Group
 11:00 Line Dancing
 1:00 Tai Chi
 1:00 Technology Assistance
 2:15 Mindfulness Group

11 Fun Ways Older Adults Can Get in Shape

Take up tango or grab your golf clubs: Now's the perfect time to try these fun, low-impact exercises.

If you're an [older adult](#), few things are more important for your health than [exercise](#). But many seniors find themselves unable to do as many physical activities as they get older. Frustration often ensues, and this can create a vicious circle that leads to even less activity, more health problems, and in some cases, immobility. But it doesn't have to be that way. Seniors shouldn't feel that they are limited in the activities available to them. In fact, it's quite the contrary — there are many exercises for seniors, many of which are non-traditional, low-impact exercises that limit stress on the body and risk of injury. Here are a dozen exercises that are sure to keep you engaged at every age.

11 Fun Exercises for Older Adults

1. Take up dancing. [Dancing helps improve seniors' gait and balance](#) and could help prevent dangerous injuries from falls, according to a research review in the January-February 2015 issue of the Archives of Gerontology and Geriatrics. "Dancing is a fantastic way to get some cardiovascular benefit, improve your coordination and balance, and meet local seniors who enjoy similar activities," says [Carrie Plummer, PhD](#), an instructor at the Vanderbilt School of Nursing in Nashville, Tennessee, and board-certified adult nurse practitioner. For many types of dance classes, you don't even have to bring a partner. Check your local recreation or senior center for dance classes.

2. Become a Zen master. "Research has shown that participating in low-impact exercise classes, such as tai chi or yoga, can help improve strength, balance, and coordination and reduce stress," Plummer says. "Many [yoga poses](#) can be modified to work for those who are less flexible or have decreased upper or lower body strength." Even adults with limited mobility have a higher quality of life and less depression with a seated yoga program, according to a July-August 2014 report in *Holistic Nurse Practitioner*.

3. Hit the links. Golf is a go-to game for competitive seniors who want to get back to nature in a fun way. And it can be a great way to build endurance, which makes it easier to accomplish everyday tasks, according to the [National Institutes of Health](#) (NIH).

4. Go for a swim. Few things are healthier — and low-impact — than a water workout. And you don't have to swim laps, Plummer says. She recommends water [aerobics](#) and aqua jogging as great ways to get low-impact exercise and also [socialize with friends](#). Water aerobics have been shown to improve body composition and reduce lower [back pain](#), according to research published in the February 2015 issue of the *Journal of the Physical Therapy Science*.

5. Garden on your patio. If you love to garden, but your joints scream from all that bending, you can still get benefits by creating a garden of raised pots and containers on your deck or patio. "Raised plant containers are helpful if you have arthritic knees and find it difficult to bend," says Forrest Hong, PhD, a licensed clinical social worker, certified advanced social worker care manager, and vice-president of Your Care Manager, a geriatric care management company in Los Angeles, California. "Raising tomatoes or herbs in pots can be a nice mixture of fun, along with creating a healthy meal."

6. Go window shopping. Of course, walking anywhere is good, but Plummer recommends the mall for a variety of great walking opportunities in one convenient location. "Walking inside an air-conditioned mall provides a cooler environment, which not only reduces the risks of ill effects due to weather, but also provides a safe environment with less likelihood of any physical harm from strangers," she says. "Many local malls open their doors early in the morning before the stores are open specifically for mall walkers."

7. Weight-train with groceries. Just as you don't need a nature trail to walk, you don't need a gym to lift weights, Plummer says. "You can use items in your pantry or refrigerator to pump some iron," she suggests. "For example, use canned [vegetables](#) or a half-gallon milk jug to do bicep curls, tricep kickbacks, and some overhead pushes to work those shoulder muscles. You can also do some lower body work with nothing more than a chair. While seated, extend your lower legs out and up, so that the leg is fully extended, and lower it back down."

8. Dust off the bike. If you do feel like being outdoors, cycling is a fantastic way to exercise in a low-impact fashion. "It's a great cardiovascular workout, and it also helps to improve balance and focus the work on your leg muscles," Dr. Hong says.

Sewing Class

NEW SEWING CLASS

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@ 10:00AM

EVERY 2ND FRIDAY WE WILL BE MAKING 1 QUILT BLOCK. AT THE END OF THE YEAR WE WILL SEW THEM ALL 12 TOGETHER TO MAKE A QUILT TOP!

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Cache County Senior Center, Logan, UT

C 4C 05-1038

January 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3 Philly Beef Sandwich Peppers & Onions Pasta Salad Oranges 	4 Minestrone Soup Turkey Sandwich Lettuce & Tomatoes Grape Salad	5 Baked Chicken Mashed Potatoes with gravy Roasted Squash Fruit Cocktail Wheat Dinner Roll	6 Chefs Choice 	7 BIRTHDAY LUNCH Lemon Pepper Cod Quinoa Asparagus w/lemon Butter Peach Bread Pudding
10 Loaded Baked Potato Buttered Broccoli Mandarin Oranges	11 Salisbury Steak Seasoned Rice Sun-Shine Carrots Pear	12 Chicken Cordon Bleu Roasted Potatoes Garden Blend Veggies Apricots	13 Tomato Mac Soup Chefs salad Roll Grapes 	14 Orange Chicken Fried Rice Oriental Veggies Egg Roll Melon Cup Fortune Cookie
17 CLOSED FOR DR. MARTIN LUTHER KING DAY	18 Beef Stroganoff Buttered Noodles Capri Veggies Pears 	19 Chefs Choice	20 Tilapia Wild Rice Roasted Fresh Vegetable Mix Fresh fruit	21 BBQ Flank Steak Cheesy Potatoes Buttered Corn w/ Red Peppers Cherry Crisp Dinner Roll
24 Vegetable Lasagna Carrots Spiced Apple Sauce	25 Fish Sticks Potato Wedges Peas & Carrots 	26 Turkey Burger Broccoli Salad Mixed Fruit Chips	27 Hot Dog Potato Salad Mandarin Oranges Chips 	28 Chicken Tenders Macaroni & Cheese Carrot & Raisin Salad
31 Salmon Rice Pilaf Peas & Carrots Wheat Roll	<p>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.</p> <p>The full cost of the meal is \$7.50 for those under age 60. Please pay at the front desk to receive your meal.</p>			

Activities



NEW YEAR, NEW YOU!
**GOAL SETTING
SESSION**

Join us for setting and sharing
a few personal resolutions for
the New Year
Monday, January 10th at 11am!



COOKING CLASS with USU Extension

With Jenna Dyckman
Monday, January 10th, 1pm

EXTENSION 
UtahStateUniversity



COUPLES NEEDED!

Do you or your partner have
lower limb pain (knee or hip)?

Researchers at USU (IRB #9509) are interested
in examining the potential benefits of having
you and your partner involved in a proven
underwater exercise intervention for
lower limb pain (knee or hip).

How do I qualify for this study?

- Be between ages 35-85
- You or your partner experience *ANY LEVEL* of lower limb pain
- Be in a committed relationship that has lasted for 3 or more years

What will be required of me to participate in this study?

- Assessment of partnership support (approx. 2 hours)
- Brief, daily online assessment of individual and relationship health (21 days for approx. 10 min/day)
- Participate in proven underwater exercise intervention for lower limb pain. (1-hour session, 2 times/week for 8 weeks)
- Complete online 3- month follow-up assessment (approx. 1 hour)

What are the benefits of participating?

- Financial compensation (up to \$140 per couple)
- FREE clinically-proven aquatic intervention for improving lower limb pain

To participate in this study or for more information,
please leave a message for Dr. Ryan Seedall at
(435) 797-7433



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Thrive Locally



January Lunch Series

All presentations start at
12:10 in the Cafeteria



- Jan 7th: Lunch Music – Tim Love, playing Oldies but Goodies (50's-70's, including Elvis). Also... We'll celebrate Jan Birthdays!
- Jan 12th: Lunch & Learn – National Pharmacist Day (Reed's Pharmacy)
- Jan 19th: Lunch Music: Music by Marly



Out to Lunch

OUT TO LUNCH BUNCH

January 13: Tandoori
Oven
Bus leaves at
11:30 am

RSVP: Marisol
755-1720

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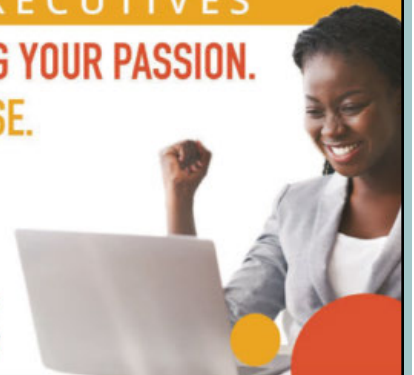
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Cache County Senior Center, Logan, UT

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Fraud

Durable medical equipment (DME) and orthotics companies offer a valuable service by providing wheelchairs, surgical supplies, catheters, and respiratory nebulizers as well as nutrition and tube feeding supplies and other health care equipment. DME and/or orthotics are considered medical equipment prescribed by your doctor that can withstand repeated use, serve a medical purpose, and can be used in the home. However, many fraudulent companies across the country are charging Medicare beneficiaries for this equipment without showing the medical necessity and sometimes without even sending the equipment to the beneficiaries.



Report potential DME fraud, errors, or abuse if:

- You see on your Medicare Summary Notice (MSN) or Explanation of Benefits (EOB) charges for equipment you do not need or did not receive.
- You accepted an offer for “free” equipment or supplies but see Medicare was billed instead.
- You receive medical equipment or supplies that you never requested or that you do not need.
- You see on your MSN or EOB suppliers billing Medicare for items for a loved one after they passed away.
- A supplier requests your Medicare number at a presentation, during a sales pitch, or in an unsolicited phone call.
- A beneficiary knowingly accepts money, gifts, or unnecessary equipment and supplies from a supplier in exchange for their Medicare number.
- A supplier delivers an off-the-shelf product to you but billed Medicare for a more costly product.

Health and Wellness *continued*

9. Make child's play of exercise. As any grandparent can attest, one of the easiest and most fun ways to get exercise is to chase the grandkids around. You'll also be setting a great example for them.

10. Head to the alley. Bowling is another excellent endurance activity, according to the NIH. And you don't have to depend on good weather to get in a few games. Joining a bowling league has the added benefit of making fitness a social activity, as well.

11. Try a Wii. This handy gaming console from Nintendo offers all kinds of great ways to [stay active and fit](#). "There are any number of games — tennis, bowling, yoga, skiing — available on the Wii Fit that provide you with a variety of fun exercises," Plummer says. "The Wii Fit also can keep track of [your weight](#) and general fitness level and give you feedback on your progress."

Madeline Vann, MPH, also contributed to this report.

<https://www.everydayhealth.com/senior-health/fun-ways-seniors-can-get-in-shape.aspx>

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