

# Cache County Senior Center

February 2022

Photo by Mike Bullock

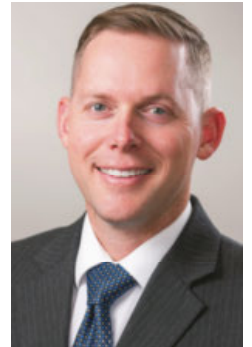


It's been one year since our new County Executive, David Zook, was elected and took office. We are thankful for the support we have received from him during that time. He's toured our senior center to find out about our needs and helped us deal with some of our facility challenges. He and his lovely wife have participated in events at our center and have both volunteered to deliver Meals on Wheels.

Mr. Zook has been very receptive to our needs during these trying times. He has shown his dedication to the center and our patrons. I would like to introduce him to you and tell you a little more about him.

David serves as our elected County Executive, which means he serves as the chief executive of our county, similar to the role a mayor serves for a city. Prior to his election, he served in several other roles in our community, including as Nibley City Manager, as a board member for The Family Place, on the Hyde Park Planning Commission, as President of the Logan Lion's Club and on the Cache County Economic Development Alliance, an organization he founded while he was serving as Chairman of the Board of the Cache Chamber of Commerce.

When asked what he hopes to accomplish as County Executive, Mr. Zook said his focus would be on modernizing to improve efficiency, ensuring public safety, and dealing with growing traffic concerns.



“Through my experience, I’ve learned how to run an efficient organization. I believe government should be run like a business and I will lead the county in a way that is efficient, prioritizes customer service and is responsible with the public’s tax dollars.”

Mr. Zook has 25 years of experience in local government, having worked for 16 years in county government and for 9 years as Nibley City Manager. In recent years, David earned a national award for financial management and was awarded the prestigious Credentialed City & County Manager designation. David has a Master’s Degree in Public Administration and has also served as a professor of Public Administration.

# Virtual Class

Commodities  
Pick up Feb 1st  
1-3pm

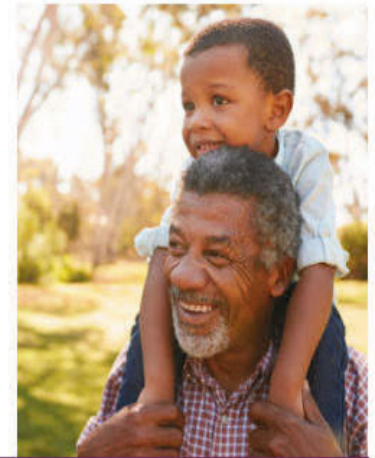
February 21:  
Senior Center  
closed:  
Presidents' Day



Are you a  
Caregiver or  
know of someone  
that is a  
caregiver?  
Please join us for  
a 6 week class to  
learn some great  
skills!  
Call  
435-755-1720 to  
reserve your spot!



Foot clinic has  
been canceled  
until further  
notice.



## VIRTUAL PREDIABETES LIFESTYLE CHANGE CLASS

### ARE YOU OR A LOVED ONE AT RISK FOR PREDIABETES?

Prediabetes means your blood sugar level is higher than normal, but not high enough to be diagnosed as Diabetes. Without making changes, Diabetes is likely to develop.

### Some risk factors include:



Age 45 or  
older



<30 minutes  
of physical  
activity a day



Overweight



Diabetes  
while  
pregnant or  
>9 lb baby

Make the change for a healthier lifestyle today by joining the year-long National Diabetes Prevention Program with the Bear River Health Department!



# 1 IN 3

ADULTS IN THE  
UNITED STATES  
HAS PREDIABETES.

90% OF THEM ARE  
UNAWARE THAT  
THEY DO.

### NEXT VIRTUAL LIFESTYLE CLASS:

February 1, 2022  
5:30-6:30 PM



SCAN ME

Scan the QR Code



# Resources

## Caregiver Academy

The Caregiver Academy assists caregivers in learning essential skills.

6-Part Series with Workshops that include:

-Find Caregiver Resources

-Compassion Fatigue

-Setting Good Boundaries

-In-Home and Facility Based Care Choices

-Coping with Difficult Behaviors

-Involving Family

Every Tuesday @ 2:00 PM starting January 25

Register at the front office or by calling 435-755-1720  
Cache County Senior Citizens Center 240 N 100 E Logan

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[wclough@lpicommunities.com](mailto:wclough@lpicommunities.com) or (800) 950-9952 x2635

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# Medicare



Dear Marci,

I am working on my budget for the new year and wondering what my Medicare costs will be in 2022?

-Emma (San Jose, CA)

Dear Emma,

Your Medicare coverage and costs can change each year, so it is important to understand and review your benefits. Here is an overview of new costs in 2022.

## Part A (Hospital insurance)

Part A premium:

- Free if you've worked 10 years or more
- \$274 per month if you've worked 7.5 to 10 years
- \$499 per month if you've worked fewer than 7.5 years

Part A hospital deductible:  
\$1,556 each benefit period

Part A hospital coinsurance:

- \$0 for the first 60 days of inpatient care each benefit period
- \$389 per day for days 61-90 each benefit period
- \$778 per lifetime reserve day after day 90 in a benefit period
- (You have 60 lifetime reserve days that can only be used once. They're not renewable.)

## Skilled nursing facility insurance:

- \$0 for the first 20 days of inpatient care each benefit period
- \$194.50 per day for days 21-100 each benefit period

## Part B (Medical insurance)

- Part B premium: \$170.10
- If your annual income is higher than \$91,000 for an individual (\$182,000 for a couple), you will pay a higher Part B premium

- Part B deductible: \$233 per year
- Part B coinsurance: 20% for most services Part B covers

## Part D (Prescription drug coverage)

- National average Part D premium: \$33.37 per month
- Part D maximum deductible: \$480 per year
- Coverage gap begins: \$4,430
- Catastrophic coverage begins: \$7,050

Note that if you have a Medigap policy, your budgeting may look a little different. You pay a monthly premium for the Medigap policy, which in turn pays part or all of certain costs after Original Medicare pays. For example, a Medigap policy can cover the cost of your Part B coinsurance or inpatient hospital deductible. Medigap premiums vary throughout the country, but in general they range from \$100 to \$300 per month.

If you have a Medicare Advantage Plan, your plan administers your Medicare coverage. Remember that most people with Medicare, whether they have Original Medicare or a Medicare Advantage Plan, pay the Part B monthly premium. Some people with a Medicare Advantage Plan may also pay an additional monthly premium for that plan.

If you have the same Medicare Advantage Plan in 2022 as you did in 2021, your plan should have sent you an Annual Notice of Change (ANOC) or Evidence of Coverage (EOC) notice explaining any changes for the coming year. Review this notice to understand your plan's costs, covered services, and rules. Contact your plan if you did not receive these documents in the fall or want another copy. If you chose a new Medicare Advantage Plan, you should get an EOC for the new plan and you can review that document to understand the costs associated with the plan for 2022.

I hope this helps with your budgeting!

-Marci





# Events & Activities

## February Lunch Series

All presentations start at 12:10 in the Cafeteria unless otherwise specified

- Feb 3rd: Lunch & Learn: Eye Health with Options for Independence
- Feb 9th: Lunch & Learn - Assistive Technology
- Feb 16th: Lunch & Learn- Heart Disease- Bear River Health Dept.
- Feb 18th: Lunch Music - Anna Anawalt (folk)
- Feb 22nd: Lunch Music - Tim Love, playing Oldies but Goodies (50's-70's)



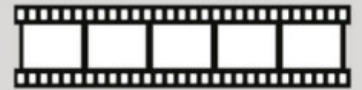
# NOW SHOWING

All movies start at 1pm

**Feb 8th:** Lilies of the Field (1963)

**Feb 15th:** Viva Las Vegas (1964)



**Feb 22nd:** A Call to Courage (Brené Brown, 2019)




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# February 2022

Monday	Tuesday	Wednesday
	<p><b>1</b> Chinese New Year</p> <p>10:30 Tai Chi 12:30 Mahjong <b>1:00 Commodities</b> <b>2:00 Caregiver Academy</b></p>	<p><b>2</b> 1:00 Photography Group</p>
<p><b>7</b> 11:00 Adult Coloring 12:30 Jeopardy</p> 	<p><b>8</b> 9:30 Pool Tournament 10:30 Tai Chi 12:30 Mahjong <b>1:00 Movie: Lilies of the Field (1963)</b> <b>2:00 Caregiver Academy</b></p>	<p><b>9</b> 10:30 Poker <b>12:10 Lunch &amp; Learn: Assistive Technology</b> <b>1:00 Bingo</b></p>
<p><b>14</b> <b>1:00 Music Bingo with Hannah!</b></p> <p><b>11:30 Valentine's Day Cooking Class \$2 w/ Jaycee – Cafeteria</b></p> 	<p><b>15</b> 10:30 Tai Chi 12:30 Mahjong <b>1:00 Movie: Viva Las Vegas (1964)</b> <b>2:00 Caregiver Academy</b></p>	<p><b>16</b> <b>11:30 Out to Lunch Bunch: Angie's!</b> <b>12:10 Lunch &amp; Learn: Hearth Health: Bear River Health Dept.</b></p>
<p><b>21</b></p> <p><b>Closed</b></p> <p>Happy Presidents' day</p> 	<p><b>22</b> 10:30 Tai Chi 12:30 Mahjong <b>12:10 Lunch Music: Tim Love, Oldies but Goodies</b> <b>1:00 Movie: Brené Brown: The Call to Courage (2019)</b> <b>2:00 Caregiver Academy</b></p>	<p><b>23</b> 10:30 Poker 2:00 Book Club</p>
<p><b>28</b> <b>11:00 Paper Airplane Contest</b> <b>12:30 Jeopardy</b></p>	<p style="text-align: center;"><u><i>Presidents' Day</i></u></p> <p style="text-align: center;"><b>Lincoln and Washington, they are remembered on Presidents' Day.</b></p> <p style="text-align: center;"><b>Two men in history who gave us liberty.</b></p> <p style="text-align: center;"><b>Honor their memories on this great day!</b></p>	

# February 2022

Thursday	Friday
<p><b>3</b> <i>Feed the Birds Day</i></p> <p><b>10:00 Bingocize</b> 11:00 Chair Yoga <b>12:10 Eye Health: Lunch and Learn</b> <b>1:00 Craft: Pine Cone Bird Feeder-\$2</b></p>	<p><b>4</b> <i>National Wear Red Day</i></p> <p><b>11:00 Craft: Chinese New Year \$2</b> 1:00 Technology Assistance (computer room) 2:15 Mindfulness Group</p>
<p><b>10</b></p> <p><b>10:00 Bingocize</b> 11:00 Chair Yoga <b>12:45 Valentine's Day Card-making \$2-Cafeteria</b></p>	<p><b>11</b></p> <p><b>10:00 Sewing Group: Quilt Block \$2-Library</b> 1:00 Technology Assistance 2:15 Mindfulness Group</p>
<p><b>17</b></p> <p><b>10:00 Bingocize</b> 11:00 Chair Yoga</p> 	<p><b>18</b></p> <p><b>12:10 Lunch Music: Anna Anawalt (folk)</b> 1:00 Technology Assistance 2:15 Mindfulness Group</p>
<p><b>24</b></p> <p><b>10:00 Bingocize</b> 11:00 Chair Yoga <b>12:30 Red Hats</b></p>	<p><b>25</b></p> <p><b>10:00 Sewing Group: project of the month-\$2-Library</b> 1:00 Technology Assistance 2:15 Mindfulness Group</p> 

## 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**  
**12:30 Mahjong**  
**1:00 Knotty Knitters**

### Wednesday

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

### Thursday

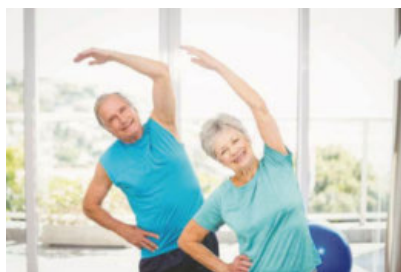
**8:30 Ceramics**  
**10:00 Bingocize (NEW!)**  
**10:00 Mindfulness Group**  
**11:00 Chair Yoga**  
**12:15 Bridge**  
**1:00 Knotty Knitters**  
**2:30 Clogging**

### Friday

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



# Health and Wellness



In January, we switch to new calendars and embrace a new year. For many people, it's a good time to evaluate your physical and mental

health and reflect on the changes you want to make in the coming year.

This leads to more than half of people making New Year's resolutions tied to their health. Some will try to kick a bad habit, while others will try to pick up a good one. Either way, getting the courage to make a healthy change is the first step.

Making significant, long-lasting change is hard, however. Habits are easy to fall back into because they provide a sense of comfort.

The challenges, changes and stresses of the pandemic may have you hesitating on what resolutions to make for 2022. As you reflect on your resolutions, it's important to spend time preparing, planning and setting a SMART goal to position you for long-term success.

SMART goals are:

- **Specific**-Eating healthier sounds like a good idea. But what does it really mean? Aim for specific goals instead, such as eliminating soda, eating five servings of vegetables a day or limiting your daily sugar intake to 30 grams of added sugar.
- **Measurable**-Make your goal one you can measure. Walking three days a week is a goal you can track. A goal of walking more is not so easily measured.
- **Attainable**-Avoid aiming too high or too low. Think like Goldilocks and find a goal

[https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/setting-smart-goals?goal=0\\_1c591fe07f-a08096a0ca-](https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/setting-smart-goals?goal=0_1c591fe07f-a08096a0ca-)

that feels just right.

- **Realistic**-Losing 10 pounds a week sounds great. But it's an impossible goal that likely will leave you discouraged — and more likely to give up on your efforts. Choosing realistic goals that you can meet will reinforce your efforts and keep you moving forward. Losing one pound per week is a realistic and sustainable goal.
- **Trackable**-Choosing specific, measurable goals means you can track your progress over time. Write your efforts down in a journal or track them on an app so you can see how far you've come.

Remain confident, be patient and stay focused on your goal. Soon you will be on your way to a healthier lifestyle this new year.

Joanne Genewick, D.O., is a Family Medicine physician in Mankato, Minnesota.

VALENTINE'S DAY  
COOKING CLASS WITH  
JAYCEE  
MONDAY,  
FEBRUARY 14TH  
11:30 AM - CAFETERIA  
\$2.00



# Sewing Class

## NEW SEWING CLASS 2X PER MONTH



EVERY 2ND AND 4TH FRIDAY  
@ 10:00AM IN THE LIBRARY

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

FEB. 11TH- IF USING YOUR OWN MATERIAL PLEASE BRING A 1/4 YARD OF THREE DIFFERENT PRINTS.

EVERY 4TH FRIDAY WE WILL BE DOING A NEW MONTHLY PROJECT.

FEB. 25TH PROJECT:  
COZY BOWL HOLDER-  
MATERIAL WILL BE PROVIDED.

EACH CLASS WILL COST \$2  
PLEASE RSVP AT THE FRONT DESK.

# NEVER MISS A NEWSLETTER!

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



# February 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Baked Ziti Steamed Broccoli Berry Salad Garlic Bread	<b>2</b> Hawaiian Haystacks Buttered Peas Pineapple & Mandarin Oranges Corn Muffin	<b>3</b> Chicken Alfredo Italian Veggies Ambrosia Fruit Salad Breadstick	<b>4 <u>BIRTHDAY LUNCH</u></b> Sloppy Joes Carrot Raisin Salad Potato Chips Fruit Salad Slice of Cake
	<b>7</b> Pinto Bean & Ham Soup Egg Salad Sandwich Coleslaw Pears	<b>8</b> Shredded Chicken Tacos Southwest Corn Raspberry Parfait Churro	<b>9</b> Pork Chop Mashed Potatoes Mushroom Gravy Cut Green Beans Peaches	<b>10</b> Sausage/Pepperoni Pizza Green Salad Fresh Fruit
<b>14</b> Chicken Fajitas Spanish Rice Cucumber-Tomato Salad Sliced Oranges	<b>15</b> Sheppard's Pie Mixed Salad Spiced Apples Dinner Roll	<b>16</b> Chef's Choice	<b>17</b> Tilapia Wild Rice Asparagus Fresh Fruit	<b>18</b> Hearty Beef Stew Spinach Salad Melon Salad Breadstick
<b>21</b> 	<b>22</b> Butternut Squash Soup Croissant Turkey Sandwich Sliced Strawberries and Cream	<b>23</b> Hamburgers Lettuce, Tomato, & Pickle Coleslaw Fruited Jell-O Chips	<b>24</b> Chicken Pesto Cavatappi Peas & Carrots Peaches Wheat Roll	<b>25</b> Pork Carnitas Spanish Rice Mixed Bean Salad Wheat Tortilla Tropical Fruit Salad
<b>28</b> Chefs Choice	<p><b>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.</b></p> <p><b>The full cost of the meal is \$7.50 for those under age 60. Please pay at the front desk to receive your meal.</b></p>			



# Activities

## Chair Yoga!



Thursdays at 11am!  
Free, no experience required.

## COME LINE DANCE WITH US!



MON, WED, FRI AT 11AM  
INSTRUCTION PROVIDED,  
NO EXPERIENCE REQUIRED.  
IT'S FREE!



### **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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Cache County Senior Center, Logan, UT

D 4C 05-1038



## Scam Alert

**SCAM**

There is a current scam phone call that involves Brigham City Senior Center and the spoofing of the staff's phone

numbers, especially the Meals On Wheels intake number. The call states that they are from senior services in the area and they need to update your information on their records. They then proceed to ask for Medicare numbers, social security numbers, date of birth and other identifying information. They are targeting those that are over 60 years of age and would be eligible for senior services. **This is NOT the Brigham City Senior Center Staff calling you!** The Brigham City Senior Center staff, if calling you, will identify themselves as well as give you their name. If you question whether or not it is the Brigham City Senior Center, please hang up the phone and call the Senior Center directly.

We here at the Cache County Senior Citizens Center want to echo the Brigham Senior Center. We do not call individuals and share information on our services! We do not have the man power to do this. Please hang up and call the center 755-1720

to verify if someone from the Meals on Wheels office has called. Please be aware of this scam as it is too close to home.



"This year  
I'm getting in shape."

## Utah Assistive Technology



Assistive Technology  
**"PILL PUNCHER"**



The Assistive Technology at USU offers low-tech devices or equipment!

One new item that might help you as you take your daily medicine is the Pill Puncher! If you are interested in one the Utah Assistive Technology Program at USU can 3D print one for individuals with arthritis or low mobility in their hands to assist in opening pill packages. Reach out to them if you need something printed and we can get started! Utah Assistive Technology Program: 435-797-0699

## Bingocize

with Colby

COMBINE YOUR  
FAVORITE GAME  
WITH GETTING FIT!

PERFECT FOR EVERY  
SKILL LEVEL AND  
WIN GREAT PRIZES

JOIN US EVERY  
THURSDAY AT 10AM  
TO PLAY

PLEASE RSVP AT  
FRONT DESK



## Events

Out to Lunch Bunch  
is visiting...

# Angie's

*"Where The Locals Eat"*

Angie's in Logan, UT  
Wednesday, 16 February  
Leaving the center at 11:30am  
\$1 bus fee | RSVP at 435-755-1720

## Paper Airplane Contest

Join us in making  
and flying paper  
airplanes

February 28th at 11am  
No cost

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A LIMITED TIME!**

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- Flood Detection
- Fire Safety
- Carbon Monoxide



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## Valentines Day Card Making

February 10th at 12:45 PM  
Cafeteria  
\$2.00

People come and people go,  
In and out of your life and so,  
When one shines bright among the  
rest,  
And is there when needed, you're truly  
blessed.  
That is how I see you, friend of mine,  
And why I'm sending this Valentine.

*Happy Valentines Day friends! This new year is going really fast! I wanted to take a moment and share with you the growth that we had in 2021.*

*The center has undergone changes and we owe Travis, our maintenance specialist, a BIG thank you! We love the new billiards room and remodel in the kitchen. The center looks Amazing!*

*This last year we served 53,949 meals. None of this could of have happened without our wonderful volunteers. We have over 100 volunteers who serve our community, who teach classes and who help in delivering meals. For 2021 this totaled 5,227 hours of service.*

*As staff we take pride in doing all we can to be of assistance. This can be in providing information and assistance, Medicare counseling, telephone calls etc. This last year we had 6,545 points of service.*

*We as staff are excited to see all the growth that we have had this past year. We look forward to meeting and making new friends with you here at the senior center in 2022!*

*Lastly, any donations to our programs and activities are greatly appreciated.*

*Giselle, Director*



@OFFICIALSHO



# Craft Class & Red Hat

**CRAFT CLASSES \$2.00**

FEBRUARY 3RD - 1:00 PM  
PINECONE BIRDFEEDERS

FEBRUARY 4TH - 11:00 AM  
CHINESE NEW YEAR CRAFT

HAPPY LUNAR NEW YEAR

THE RED HAT SOCIETY IS CELEBRATING CHINESE NEW YEAR ON THURSDAY FEB 24TH AT 12:30

Join us on the 4th Thursday of every month

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# ALLEN MORTUARIES

[www.allenmortuaries.net](http://www.allenmortuaries.net)  
Logan North Logan

## PLAN AHEAD

Pre-arranged funerals can be arranged to cover funeral costs so that no financial burden remains. For a free consultation, call (435) 752-3245

# Adult Coloring

