

Cache County Senior Center

May 2022

Photo by Mike Bullock



Commodities
Tuesday May 3rd
12:45pm

May 27th: Closed for training

Care Giver Academy:
New classes starts
Monday May 16th
at 2pm.



Saturday
May 14th

.....
10:30-noon
.....

Topic: Addressing Caregiver Fatigue
.....

Caregiver CONFERENCE

- Hear from professionals in the field on strategies for fatigue
- Enjoy a complementary Brunch
- Relax during a half-hour guided yoga session

**Respite
activity
provided**

Open to all
community members

RSVP:
Deborah M. Crowther
435-713-1462
.....

Location:
Cache County Senior Center
240 N 100 E, Logan UT

Seasoned Tilapia Fillets

If you need a healthy, keep-it-simple solution to dinner tonight, you just found it. This restaurant-quality tilapia fillet recipe relies on spices you're likely to have on hand to deliver big flavor. This is how to make tilapia. —Dana Alexander, Lebanon, Missouri

Ingredients

- 2 tilapia fillets (6 ounces each)
- 1 tablespoon butter, melted
- 1 teaspoon Montreal steak seasoning
- 1/2 teaspoon dried parsley flakes
- 1/4 teaspoon paprika
- 1/4 teaspoon dried thyme
- 1/8 teaspoon onion powder
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- Dash garlic powder



Directions

- **1.** Preheat oven to 425°. Place tilapia in a greased 11x7-in. baking dish; drizzle with butter. In a small bowl, mix remaining ingredients; sprinkle over fillets.
- **2.** Bake, covered, 10 minutes. Uncover; bake until fish just begins to flake easily with a fork, 5-8 minutes.

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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.

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

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.

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Medicare

Dear Marci,

I received a favorable decision on an appeal to my Medicare Advantage Plan to cover the cost of a doctor's office visit. I had already paid for the cost of the visit out of pocket, and my plan notified me that I would receive a reimbursement. It has been months and I have still not received one. What should I do?

-Shruthi (Los Angeles, CA)

Dear Shruthi,

If you are dissatisfied with your Medicare Advantage or Part D prescription drug plan for any reason, you can choose to file a grievance. A grievance is a formal complaint that you file with your plan. It is not an appeal, which is a request for your plan to cover a service or item it has denied. Times when you may wish to file a grievance include:

- If your plan has poor customer service
- You face administrative problems (such as the plan taking too long to file your appeal or failing to deliver a promised refund)
- You believe the plan's network of providers is inadequate

To file a grievance:

Send a letter to your plan's Grievance and Appeals department. Check your plan's website or contact them by phone for the address.

You can also file a grievance with your plan over the phone, but it is best to send your complaints in writing.

Be sure to send your grievance to your plan within 60 days of the event that led to the grievance.

You may also want to send a copy of the grievance to your regional Medicare office and to your representatives in Congress, if you feel they should know about the problem.

Go to www.medicare.gov or call 1-800-MEDICARE to find out the address of your regional Medicare office.

Keep a copy of any correspondence for your records.

Your plan must investigate your grievance and get back to you within 30 days. If your request is urgent, your plan must get back to you within 24 hours. If

you have not heard back from your plan within this time, you can check the status of your grievance by calling your plan or 1-800-MEDICARE.

Best of luck filing your grievance and getting your reimbursement!

-Marci

Many Older Adults Don't Protect Their Skin from the Sun

Less than half of older adults protect their skin from the sun when outside for an hour or more on a warm, sunny day. This may raise their risk of getting skin cancer.

Each year in the United States, more than 5 million people are treated for skin cancer at a cost of about \$8.1 billion. Most cases of skin cancer are found in people older than 65 years of age, but little attention has been given to ways to reduce skin cancer risk among people in this age group. Because older adults are living longer, the need for public health efforts to promote life-long skin health is more critical than ever.

Why This Matters

People who reach the age of 65 can expect to live, on average, 2 more decades. This means that efforts to improve the use of sun protection and reduce sunburn among older adults would likely help to reduce skin cancer risk in later decades of life. More research can help us to understand the best ways to promote and support sun safety among older adults. Communities can continue making sun protection options easily accessible to older adults by increasing shade in outdoor public spaces.



Lunch Series | Tuesday Movies

May Lunch Series

All presentations start at
12:10 in the Cafeteria



- May 3rd: Senior Companion Program
- May the Fourth: Star Wars Trivia
- May 6th: Mother's Day Entertainment
- May 9th: Nutrition w/ Jenna, USU Extension
- May 11th: What you may want to know about technology
- May 12th: Limerick Reading (bring one to share if desired)
- May 13th & 19th: Senior Fitness



NOW SHOWING



All movies start at 1pm

May 3rd: Star Wars (1979)

May 10th: CODA (2021)

May 17th: Forks over Knives (2011)

May 24th: Death on the Nile (2022)




May 31st: The Sound of Music (1965)





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*that Support
our Community!*



May 2022

Monday	Tuesday	Wednesday
<p>2</p>	<p>3 <i>Garden Meditation Day</i> 12:15 Lunch & Learn: Senior Companion Program 12:45 Commodities 1:00 Movie: Star Wars (1979)</p>	<p>4 <i>Star Wars Day</i> 10:30 Poker 12:10 Star Wars Trivia</p> 
<p>9 9:15 Walk with Ease (1 of 6) 12:10 Lunch & Learn: Nutrition with Jenna, USU Extension 12:30 Jeopardy 1:00 Cooking Class with Jenna</p>	<p>10 1:00 Movie: CODA (2021)</p>	<p>11 <i>National Technology Day</i> 12:10 Lunch & Learn: Why you may want to learn about technology 1:00 Technology Class: What Facebook is all about</p>
<p>16 9:15 Walk with Ease (2 of 6) 2:00 Caregiver Academy (1 of 6)</p> 	<p>17 11:00 Music Bingo (\$1) 1:00 Movie: Forks over Knives (2011)</p>	<p>18 <i>International Museum Day</i> 10:30 Poker(\$1) 1:00 Field Trip: Walking to the Pioneer Museum (Free)</p>
<p>23 9:15 Walk with Ease (3 of 6) 10:00 Breakfast Club: Clue Board Game! 12:30 Jeopardy 1:00 Wii Bowling 2:00 Caregiver Academy (2 of 6)</p>	<p>24 10:00 Field Trip: Ogden Botanical Gardens and Rainbow Gardens (\$10) 1:00 Movie: Death on the Nile (2022)</p>	<p>25 <i>National Senior Health and Fitness Day</i> 2:00 Book Club: <i>Death on the Nile</i></p>
<p>30 Memorial Day CLOSED</p>	<p>31 National Utah Day 11:00 Bingo(\$1) 1:00 Movie: The Sound of Music (1965)</p>	

May 2022

Thursday	Friday
<p>5 <i>Cinco de Mayo</i></p> <p>10:00 Bingocize 11:00 Chair Yoga 1:00 Lotería (Mexican Bingo, with snacks!)(\$1)</p> 	<p>6</p> <p>11:00 Blood Pressure 11:00 Card-making with Colby(\$1) 12:10 Mothers Day Entertainment 1:00 Technology Assistance 2:15 Mindfulness Group</p>
<p>12 <i>National Limerick Day</i></p> <p>10:00 Bingocize 11:00 Chair Yoga 12:10 Lunchtime Limerick Reading 1:00 Bingo</p>	<p>13 <i>International Hummus Day</i></p> <p>10:00 Sewing: Quilt Block of the Month (\$2) 12:10 Lunch & Learn: Senior Fitness 1:00 Technology Assistance 2:15 Mindfulness Group</p>
<p>19</p> <p>10:00 Bingocize 11:00 Chair Yoga 1:00 Scrabble!</p> 	<p>20</p> <p>11:00 Blood Pressure 10:00 Sewing: Project of the Month (\$2) 11:00 Craft: Origami (\$1) 12:10 Lunch & Learn: Senior Fitness 1:00 Technology Assistance 2:15 Mindfulness Group</p>
<p>26</p> <p>10:00 Bingocize 11:00 Chair Yoga 12:30 Craft and Chit Chat(\$1)</p>	<p>27</p> <p style="text-align: center;">CLOSED Staff Training</p>

Daily Activities

Every Day

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

Monday

9:15 Walk with Ease (NEW!)
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 Movie

Wednesday

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

Thursday

8:30 Ceramics
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

What Do We Know About Healthy Aging?

National Institute on Aging-

Many factors influence healthy aging. Some of these, such as genetics, are not in our control. Others — like exercise, a healthy diet, going to the doctor regularly, and taking care of our mental health — are within our reach.

Research supported by NIA and others has identified actions you can take to help manage your health, live as independently as possible, and maintain your quality of life as you age. Read on to learn more about the research and the steps you can take to promote healthy aging.

Get moving: Exercise and physical activity

Whether you love it or hate it, physical activity is a cornerstone of healthy aging. Scientific evidence suggests that people who exercise regularly not only live longer, but also may live better — meaning they enjoy more years of life without pain or disability.

A study of adults 40 and older found that taking 8,000 steps or more per day, compared to only taking 4,000 steps, was associated with a 51% lower risk of death from all causes. You can increase the number of steps you get each day by doing activities that keep your body moving, such as gardening, walking the dog, and taking the stairs instead of the elevator.

Although it has many other benefits, exercise is an essential tool for maintaining a healthy weight. Significant excess weight and obesity increase the risk of death, disability, and many diseases such as type 2 diabetes and high blood pressure. However, thinner is not always healthier either. Being or becoming too thin as an older adult can weaken your immune system, increase the risk of bone fracture, and in some cases may be a symptom of disease. Both obesity and underweight conditions can lead to loss of muscle mass, which may cause a person to feel weak and easily worn out.

As people age, muscle function often declines. Older adults may not have the energy to do everyday activities and can lose their independence. However, exercise can help older adults maintain muscle mass as they age. In a 2019 investigation of data from NIA's Baltimore Longitudinal Study of Aging, researchers found that moderate to vigorous physical activity is strongly associated with muscle function, regardless of age. This suggests that exercise may be able to prevent age-related decline in muscle function.

In addition to helping older adults live better, maintaining muscle mass can help them live longer. In another study, researchers found that in adults older than 55, muscle mass was a better predictor of longevity than was weight or body mass index (BMI).

What can you do?

Although many studies focus on the effects of physical activity on weight and BMI, research has found that even

if you're not losing weight, exercise can still help you live longer and better. There are many ways to get started. Try being physically active in short spurts throughout the day or setting aside specific times each week to exercise.

Many activities, such as brisk walking or yoga, are free or low cost and do not require special equipment. As you become more active, you will start feeling energized and refreshed after exercising instead of exhausted. The key is to find ways to get motivated and get moving.

Taking care of your mental health

Mental health, or mental wellness, is essential to your overall health and quality of life. It affects how we think, feel, act, make choices, and relate to others. Managing social isolation, loneliness, stress, depression, and mood through medical and self-care is key to healthy aging.

Social isolation and loneliness

As people age, changes such as hearing and vision loss, memory loss, disability, trouble getting around, and the loss of family and friends can make it difficult to maintain social connections. This makes older adults more likely to be socially isolated or to feel lonely. Although they sound similar, social isolation and loneliness are different.

Loneliness is the distressing feeling of being alone or separated, while social isolation is the lack of social contacts and having few people to interact with regularly. Several recent studies show that older adults who are socially isolated or feel lonely are at higher risk for heart disease, depression, and cognitive decline. A 2021 study of more than 11,000 adults older than age 70 found that loneliness was associated with a greater risk of heart disease. Another recent study found that socially isolated older adults experienced more chronic lung conditions and depressive symptoms compared to older adults with social support.

Feeling lonely can also impact memory. A study of more than 8,000 adults older than 65 found that loneliness was linked to faster cognitive decline.

Research also shows that being socially active can benefit older adults. A study of more than 3,000 older adults found that making new social contacts was associated with improved self-reported physical and psychological well-being. Being social may also help you reach your exercise goals. A 2019 study found that older adults who had regular contact with friends and family were more physically active than those who did not.

What can you do?

Staying connected with others may help boost your mood and improve your overall well-being. Stay in touch with family and friends in person or over the phone. Scheduling time each day to connect with others can help you maintain connections. Meet new people by taking a class to learn something new or hone a skill you already have.

Activities

Walk with Ease

9:15am Mondays at the Senior Center

New 6-week class starting May 9th!

Come
walk with
us!

Call to register:
435-755-1730
(it's free!)

BREAKFAST CLUB

IS PLAYING 'CLUE',
THE MURDER MYSTERY BOARD GAME

Can you figure out
who did what? And where?

MONDAY,
23 MAY
2022

10 O'CLOCK
IN THE
MORNING

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed
to you at www.mycommunityonline.com



MAY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
2 Sweet Pork Salad Tropical Fruit Cookie	3 Shredded Chicken Taco Roasted Corn Fruit Salad	4 Han- Burger Kale-oren Salad BB- Grapes Lays the Eorce be With You!	5 Potato Crusted Fish Brown Rice Roasted Brussel Sprouts Grape Salad	6 Meatloaf Au gratin Potatoes Sunshine Carrots Spiced Pears
9 Chef's Choice	10 BBQ Sloppy Joe Mixed Green Salad Watermelon Chips	11 Alpine Chicken Brown Rice Green Beans Peaches	12 Baked Potato Broccoli w/ Cheese Apricot Crisp	13 Mandarin Chicken Brown Rice Broccoli Mandarin Oranges
16 Sweet and Sour Meatball Wild Rice Peas & Carrots Melon	17 Beef and Barley Soup Open-Faced Sandwich Pineapple & Grapes	18 Chef's Choice	19 French Dip Carrot Salad Fruit Cocktail Chips	20 Pizza Peas Sliced Oranges
23 Club Sandwich Broccoli Salad Watermelon Chips	24 Fish Sticks Coleslaw Tropical Fruit Salad	25 Baked Ravioli Italian Veggies Apple Crisp Garlic Bread	26 Turkey Rollups Mashed Potatoes Peas & Carrots Peaches Roll	27 Closed for Training
30 	31 French Toast Sticks Sausage V8 Orange Slices	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.		

3 REASONS TO VOLUNTEER WITH MEALS ON WHEELS

1

Endless Learning

Volunteering helps you learn new skills, keep skills sharp, or use existing skills in new ways.

2

Make you Healthy

Regular volunteers were 10 times more likely to be in good health than people who didn't volunteer.

3

Connection

Volunteering is a good way to strengthen or develop your interpersonal skills.

Come Volunteer With Meals on Wheels

We are currently looking for individuals available on Fridays or people interested in being substitutes with a variable schedule

Contact Jaycee at 435-755-1720 if interested in Volunteering!

Community senior centers offer an important range of services to the populations in which they serve. From providing key health screenings to social opportunities, community senior centers often serve as a haven for the aging adults. However, like many other social services, funding for these centers comes from federal, state and county government. The Cache Senior Center is a recipient of that funding, and that's why we can provide meals, both home delivered and in person here at the center in addition to all of our other services and activities. Your daily suggested donation of \$3.00 to the center for your meal (if your means allow) helps cover some of the cost. Donations to the fitness and activity programs also help defer the cost. Our donations have decreased from what we have seen in the past. We really appreciate what you give and encourage you to donate if you can! Thank you from the bottoms of our hearts to help us serve you and your neighbors!

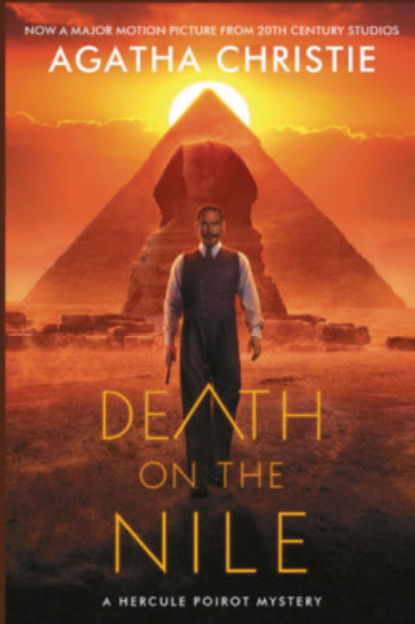
Our center is growing, with 1,700 registered users in the last year to enjoy our services. We served 53,763 meals in 2021. We had 10,281 points of service in all of our activities and services. What an amazing year we have had. We have added more evidence based classes to our schedule, walk with ease & bingocize are proven to help you. Visit the calendar and see the full list of activities provided.



shared by silversurfers.com

Events & Activities

Join our book club as we read:



**Discussion at the Senior Center
on Wednesday, May 25th, 2pm**

Who wants to play?

DUNGEONS & DRAGONS

We're thinking about starting a group at the Senior Center. Call **Jesse** if you have questions or might be interested: **435-755-1730**



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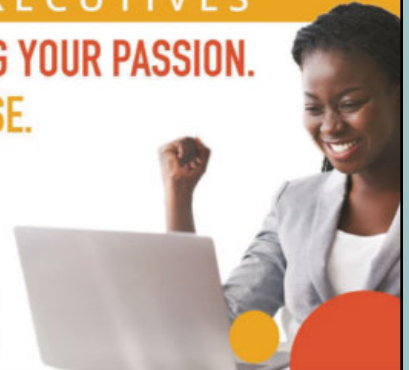


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Cache County Senior Center, Logan, UT

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Medicare Grievances, Complaints, and Beneficiary Resources

Mar 28, 2022 | ABurk

Things don't always go according to plan. When unforeseen challenges or mistakes occur with your Medicare, it is helpful to know where to voice your concerns and who can help.

First, it's helpful to know how to file a grievance with a Medicare Advantage or Part D plan. A grievance is a formal complaint that you file with your Medicare Advantage or Part D prescription drug plan. A grievance is not the same as an appeal, which is a request for your plan to cover a service or item that it has denied. Times when you may wish to file a grievance include if:

- Your plan has poor customer service
- Your plan takes too long to decide on an appeal
- Your plan fails to deliver a promised refund

To file a grievance, send a letter to your plan's Grievance and Appeals department within 60 days of the event that led to the grievance. Visit your plan's website or call the plan for the address. You can also file a grievance with your plan over the phone, but we recommend keeping a written record of the name of the person you spoke to, the date and time of the call, and the outcome of the call. Your plan must investigate your grievance and get back to you within 30 days, or within 24 hours for urgent requests. You can check the status of your grievance by calling your plan or 1-800-MEDICARE. Your State Health Insurance Assistance Program (SHIP) can help you understand when and how to submit grievances. Use our online [SHIP Locator](#) or call 877-839-2675 (and say "Medicare" when prompted).

It may also be useful to know how to file a complaint about a Medicare Advantage or Part D plan. You can also file a complaint with Medicare if you have an issue with your plan that has not been resolved through the grievance process, or if you want to alert Medicare about other issues with your plan. Medicare has a formal system to handle beneficiary concerns with Medicare health and drug plans. For example, if a plan is not responding to your grievance or appeals by Medicare's specified deadlines, you should call 1-800-MEDICARE to file a complaint. Your State Health Insurance Assistance Program ([SHIP](#)) can also help you submit complaints to Medicare.

If you have a concern about the quality of care you receive from a Medicare provider, your concern can

be handled by the Beneficiary and Family Centered Care-Quality Improvement Organization, which is called BFCC-QIO, or just QIO for short. The QIOs are made up of practicing doctors and other health care experts. Their role is to monitor and improve the care given to Medicare enrollees. Some examples of situations about which you might file a quality-of-care complaint include:

- Medication mistakes
- Receiving the wrong care or treatment
- Experiencing barriers to accessing care

There are two QIOs, Livanta and KEPRO. To find out which QIO serves your state or territory and how to contact them, call 1-800-MEDICARE or visit www.qioprogram.org. You can file a complaint with the QIO over the phone or in writing.

Finally, let's cover what you should do if you suspect a provider is committing Medicare fraud or abuse.

Medicare fraud occurs when someone knowingly deceives Medicare to receive payment when they should not, or to receive higher payment than they should. Medicare abuse involves billing Medicare for services that are not covered or are not correctly coded when the provider has unknowingly or unintentionally misrepresented the facts to obtain payment. Medicare errors are honest mistakes related to the billing of a health care service or item.

You can watch out for fraud and abuse by keeping a calendar of all your medical appointments and comparing it with your Medicare statements and the bills you receive from your providers. If something does not seem right—for example, if you see in your claims summary notice from Medicare that your provider billed Medicare for an office visit on a day when you did not see them—you should first contact your provider. Call your doctor or their billing office and let them know about the problem in case it was mistake.

If your doctor does not fix the error or if you continue to suspect fraud or abuse, you can call your Senior Medicare Patrol (SMP). SMPs empower and assist Medicare beneficiaries, their families, and their caregivers to prevent, detect, and report health care fraud, errors, and abuse. You can contact your local SMP by visiting www.smpresource.org or calling 877-808-2468.

Caregiver Academy

Caregiver Academy

Free 6 week workshop starting
Monday, May 16th at 2pm

Topics include:

- Finding Caregiver Resources
- Setting Good Boundaries
- Coping with Difficult Behaviors
- Compassion Fatigue
- Involving Family
- In-home and Facility Based Care Choices

Please Call 435-755-1720 to Register
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240 North 100 East Logan Utah

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Cache County Senior Center, Logan, UT

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Adult Coloring

