

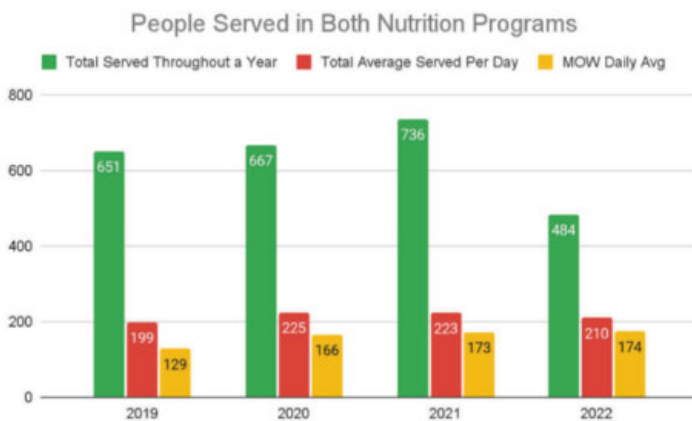
# Cache County Senior Center

July 2022

Photo by Mike Bullock

Hello friends,

Lately you may have heard or seen changes in regards to our menu. I wanted to explain and share with you some of the complexities of this. Every year in June I begin to work on the budget for the following year. I look at past trends and prices of food. Over the last few years we have had grants (CARES) to supplement our nutrition program. This allowed us to never have a wait list on the Meals on Wheels Program. During the pandemic our numbers increased but interestingly enough our average remained the same. As the graph below shows we have been pretty consistent on our averages.



Last year I requested for our food budget to be \$111,000. Remember this is just for food in the program. Last year our average actually dropped and for this reason I was not too worried in the amount requested. In April of this year we began seeing a difference in our budget. We were 10% above what we needed to be. I had to begin having a waitlist and by the end of May we really began to see how fast we were going through the budget. Why you may wonder? Food costs have increased drastically. I was shocked to see the price of meat and of fresh produce. For example, chicken costs have increased from \$3.03/lb in 2019 to now \$5.87/lb in 2022. I have gone through the menu again and relooked at food prices and have had to change the menu to adjust to these inflated prices. In preparing for next year I will ask for \$170,000 for the food budget. This amount should allow us to remove

the waitlist for Meals on Wheels and accommodate the growth that we are seeing. It is the County Council that approved our budget. This decision will be left to them to decide. I am hopeful that now that we have changed the menu we will get back on track and be within the budget for the remainder of the year.

As a friendly reminder, please call the day before by 3:00 pm if you'd like to be added to the lunch list. This means calling Friday by 3:00 for Monday. To also help with food waste, please call the center if you are unable to make it for a meal that you had signed up for.

With the ARPA funds that we received from the county we were able to purchase additional kiosks for the center. This will help us gather data for reports and when applying for grants. I thank you all who remember to check in and remind others to please use the kiosks. The case management company that we were using before was bought out by a better program and with this you will see a different look on the screen. We are now in contract with MySeniorCenter. We will have a picture day in which all participants will need to come and have their picture taken for the new system, July 1st from 9:00 am to 4:00pm.

I applied and was awarded a CDBG grant to rotate out the older Meals on Wheels trucks. Those were purchased in 2017, and are both getting up there in miles. With the growth that we have had in the Meals on Wheels program we are going to only surplus one truck at this time. We now have 17 routes and 128 volunteers. How incredible is that!

Lastly, we welcome our 2 new employees. We have a new employee in the Meals on Wheels office as well as a third help in the kitchen. We welcome them to our team and look forward to getting to know them.

-Giselle Madrid, Director- 755-1729

## New and Upcoming

Walking Group-Every Monday at 9:30 am  
July 1st- New Class!-10:00am Painting class (must RSVP)  
July 19th-Commodity pick up: 12:45pm-3pm  
July 22nd-11:00 -Beach Boy Pool Party!  
July 27th-1:00 pm -Social Security presentation

# Recipe

## Raspberry Coconut Magic Bars

*Raspberry Coconut Magic Bars* are easy to prepare and are sure to delight the *coconut lover* in your life!

### Ingredients

- 1 2/3 cups graham cracker crumbs
- 1/2 cup butter (1 stick) - melted
- 2 tbsp sugar
- 3 cups coconut sweetened, flaked
- 14 oz sweetened condensed milk (1 can)
- 1 cup seedless raspberry preserves or the flavor of your choice
- 1/2 cup pecans chopped
- 1/2 cup semisweet chocolate chips
- 1/3 cup white baking chips
- 1 tsp shortening

### Instructions

Preheat oven to 350 degrees.

Combine the graham cracker crumbs, butter, and sugar in a small bowl. Press into a lightly greased 9x13 baking dish. Sprinkle the coconut over the crust and drizzle the sweetened condensed milk over the top. Bake for 20-25 minutes or until coconut is lightly browned. Let cool completely. Spread the preserves over the cooled coconut crust and sprinkle with pecans. Melt the chocolate chips in the microwave and stir until nice and smooth. Drizzle over pecans. Melt the white chips in the microwave and add shortening. Stir until nice and smooth. Drizzle over the top. Let chocolate firm up in the fridge or on the counter and cut into bars. Makes 36 bars.



<https://www.momontimeout.com/raspberry-coconut-magic-bars-recipe/?fbclid=IwAR3G-lpTVLSov2mbYgX12my8MltQLJxI02TRbZj7v1hK0YYqqCgLSnHYB0M#recipe>



# 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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Cache County Senior Center, Logan, UT

A 4C 05-1038

## How does Medicare cover hospice care?



Dear Marci,

My mother-in-law has a terminal condition and is nearing the end of her life. I'm helping her figure out the logistics of hospice care but do not know how her Medicare will cover it. How does Medicare cover hospice?

-Dottie (St. Johns, MI)

Dear Dottie,

I'm so sorry to hear about your mother-in-law's health. I hope the following information will be helpful to you and your family during what I imagine is a very challenging time.

Hospice is a program of end-of-life pain management and comfort care for those with a terminal illness. Medicare's hospice benefit is primarily home-based and covers end-of-life palliative treatment, including support for one's physical, emotional, and other needs. It is important to remember that the goal of hospice is to help an individual be as comfortable as possible, not to cure an illness.

To elect hospice, someone must:

- Be enrolled in Medicare Part A
- Have a hospice doctor certify that they have a terminal illness, meaning a life expectancy of six months or less if the illness takes its normal course
- Sign a statement electing to have Medicare pay for palliative care (pain management), rather than curative care
- And, receive care from a Medicare-certified hospice agency

Once an individual chooses hospice, all of their hospice-related services are covered under Original Medicare, even if they are enrolled in a Medicare Advantage Plan, unless their Medicare

Advantage plan is part of a specific demonstration program, in which case the plan will pay for hospice care. Their Medicare Advantage Plan will continue to pay for any care that is unrelated to their terminal condition. Original Medicare payments to the hospice provider also cover any prescription drugs needed for pain and symptom management related to the terminal condition. The individual's stand-alone Part D plan or Medicare Advantage drug coverage may cover medications that are unrelated to their terminal condition.

The hospice benefit includes two 90-day hospice benefit periods followed by an unlimited number of 60-day benefit periods. The doctor must recertify the person's terminal illness before each benefit period.

If someone you care for is interested in Medicare's hospice benefit:

- Ask their doctor whether they meet the eligibility criteria for Medicare-covered hospice care.
- Ask their doctor to contact a Medicare-certified hospice on their behalf.

Be persistent. There may be several Medicare-certified hospice agencies in your area. If the first one you or the doctor contact is unable to help, contact another.

Once you have found a Medicare-certified hospice:

- The hospice medical director (and the individual's regular doctor if they have one) will certify that they are eligible for hospice care. Afterwards, the individual must sign a statement electing hospice care and waiving curative treatments for their terminal illness.
- Their hospice team must consult with the individual (and their primary care provider, if they wish) to develop a plan of care. Their team may include a hospice doctor, a registered nurse, a social worker, and a counselor.

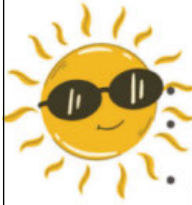
I hope this helps you and your mother-in-law know where to start with getting Medicare-covered hospice care.

-Marci

## Lunch Series | Tuesday Movies

### July Lunch & Learn Series

All presentations start at  
12:10 in the Cafeteria



- July 1: Patriotic Lunch Music:  
• Anne Slagowski
- July 6: All about Monarch Butterflies w/ Becky Yeager
- July 13: Elder Abuse, Dale Robbins
- July 14: Shark Awareness
- July 15: World Snake Day
- July 18: Nutrition w/ Jenna, USU Extension, followed by a cooking demo at 1:00
- July 26: Lunchtime Jokes



# NOW SHOWING



Movies every Tuesday at 1pm

**July 5:** David Attenborough: A Life on Our Planet (2020, PG)

**July 12:** Monty Python and the Holy Grail (1975, PG)

**July 19:** Move Over Darling (1963, Not Rated)

**July 26:** News of the World (2020, PG-13)






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# July 2022

Monday	Tuesday	Wednesday
<p>Answer July Where is the Bee Where is the Blush Where is the Hay?</p>	<p>Ah, said July Where is the Seed Where is the Bud Where is the May Answer Thee—Me - Emily Dickinson, Answer July</p> 	
<p><b>4</b></p> 	<p><b>5</b> 1:00 Movie: <i>David Attenborough: A Life on Our Planet</i> (2020)</p>	<p><b>6</b> 12:10 Lunch &amp; Learn: All about Monarch Butterflies</p>
<p><b>11</b> 9:30 Walking Group 9:30 Mindful Yoga 11:00 Bingo 12:30 Jeopardy 2:00 Caregiver Academy (5 of 6)</p>	<p><b>12</b> <b>9:30 Field Trip: Canoeing at Benson Marina (\$8)</b> 1:00 Movie: <i>Monty Python and the Holy Grail</i> (1975, PG)</p>	<p><b>13</b> 12:10 Lunch &amp; Learn: Elder Abuse, Dale Robbins 1:00 Technology Class: Using Email</p>
<p><b>18</b> 9:30 Walking Group 9:30 Mindful Yoga 11:00 Bingo 12:10 Lunch &amp; Learn: Nutrition with Jenna, USU Extension 12:30 Jeopardy 1:00 Cooking Demo with Jenna 2:00 Caregiver Academy (6 of 6)</p>	<p><b>19 National Daiquiri Day</b> 11:30 Virgin Daiquiri Drinks! <b>12:45-3pm Commodities</b> 1:00 Movie: <i>Move Over Darling</i> (1963)</p>	<p><b>20 International Chess Day</b> 10:30 Poker 1:00 Chess Tournament</p>
<p><b>25 Closed for Pioneer Day</b></p> 	<p><b>26 Joke Day</b> 11:00 Breakfast Club: Music-making with Boomwhackers 12:10 Lunchtime Jokes 1:00 Movie: <i>News of the World</i> (2020)</p>	<p><b>27</b> 1:00 Origami (\$1) <b>1:00 Social Security Presentation</b> 2:00 Book Club: <i>News of the World</i></p>

# July 2022

Thursday	Friday	<u>Daily Activities</u>
 <p><b>1</b> 10:00 Paint w/ Peg: Flag 11:00 Cooking Class: Peanut Butter Rice Crispy Treats 11:00 Blood Pressure 12:10 Patriotic Music w/ Anne S. 1:00 Technology Assistance 2:15 Mindfulness Group</p>		<p><u>Every Day</u> 8:30 Computers Available 8:30 Fitness Room 8:30 Library 8:30 Pool Room 8:30 Quilting</p>
<p><b>7</b> 10:00 Bingocize 11:30 Card-making with Brenda 12:45 TED Talk: What makes a good life?</p>	<p><b>8</b> 10:00 Sewing: Quilt Block of the Month (\$2) 1:00 Technology Assistance 2:15 Mindfulness Group</p>	<p><u>Monday</u> 9:15 Walking Group 9:30 Mindful Yoga 11:00 Line Dancing 11:00 Bingo (<b>New!</b>) 12:30 Jeopardy (<b>New!</b>) 1:00 Tai Chi</p>
<p><b>14 Shark Awareness Day</b> 10:00 Bingocize 12:10 Lunch &amp; Learn: Learn about Sharks 1:00 Wii Bowling</p>	<p><b>15 World Snake Day</b> 11:00 Blood Pressure 12:10 Lunch &amp; Learn: Learn about Snakes 1:00 Technology Assistance 2:15 Mindfulness Group</p>	<p><u>Tuesday</u> 8:30 Ceramics 10:30 Tai Chi 11:00 Creative Writing 12:30 Mahjong 1:00 Movie</p>
<p><b>21</b> 10:00 Bingocize 1:00 Music Bingo</p>	<p><b>22</b> 10:00 Sewing: Project of the Month (\$2) <b>11:00 Beach Boys Pool Party!</b> 1:00 Technology Assistance 2:15 Mindfulness Group</p>	<p><u>Wednesday</u> 11:00 Line Dancing 12:15 Bridge 1:00 Tai Chi</p> <p><u>Thursday</u> 8:30 Ceramics 10:00 Bingocize 11:00 Chair Yoga 2:30 Clogging</p>
<p><b>28</b> 10:00 Bingocize 12:30 Craft and Chit Chat (\$1)</p>	<p><b>29 Day of Friendship</b> 11:00 Craft: Friendship Bracelets (\$1) 1:00 Technology Assistance 2:15 Mindfulness Group</p>	<p><u>Friday</u> 10:00 Painting Group 11:00 Line Dancing 1:00 Tai Chi 1:00 Technology Assistance 2:15 Mindfulness Group</p>

# Fraud

Medicare loses an estimated \$60 billion each year due to fraud, errors, and abuse. Every day, issues related to these concerning matters affect people across the country, often costing them money, time, and well-being. Medicare-related errors contribute to this annual loss even though errors can be honest health care billing mistakes. However, a pattern of errors committed by a physician or provider could be considered a red flag of potential fraud or abuse if not corrected.

When people steal from Medicare, it hurts us all and is big business for criminals. Some common examples of fraud or abuse include:

- Charging for services or supplies that were not provided
- Misrepresenting a diagnosis, a person's identity, the service provided, or other facts to justify payment
- Prescribing or providing excessive or unnecessary tests and services

The most effective way to stop fraud from occurring is to prevent it in the first place. Educating yourself and your loved ones on how to prevent Medicare fraud, errors, and abuse is the best place to start.

Everyone plays a part in the fight against fraud. During Medicare Fraud Prevention Week:

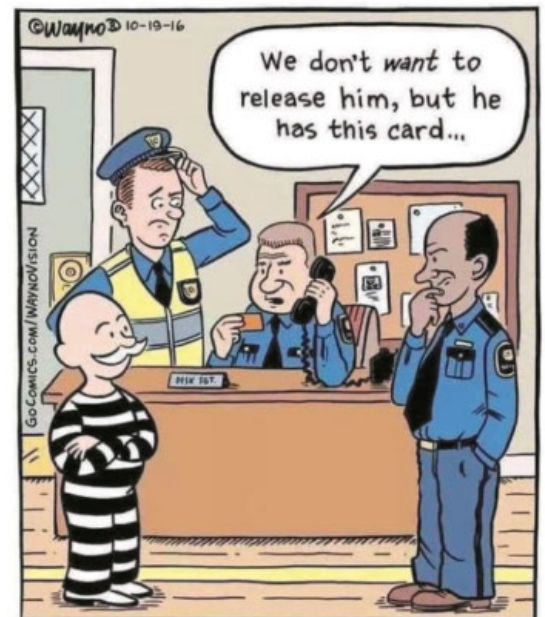
**Medicare beneficiaries** can monitor their insurance statements to make sure products and services received match what is on the statements. They can request free My Health Care Trackers from their local SMP.

**Caregivers** can help by being on the lookout for items such as durable medical equipment (like boxes of knee braces) lying around the house that may have been shipped to the beneficiary without their or their doctor's approval. They can remind their client or loved one to never give out their Medicare number or other personal information over the phone.

**Families** can help by talking to their loved ones about protecting their Medicare number just as they would a credit card number. They can help their loved ones create a Medicare.gov account to access their Medicare statements online or remind them to open and review them when they come in the mail. They can also register their phone number on "do not call" lists and go to [optoutprescreen.com](http://optoutprescreen.com) to opt out of mailings.

- **Partners and professionals** can help by sharing SMP information on social media, referring clients and consumers to the SMP, and inviting the SMP to speak during a shared event. **Health care providers** can help by talking to patients about health care-related scams such as those related to durable medical equipment and genetic testing schemes. They can remind them that products and services should only be ordered by physicians they regularly see. Needed medical items should never be ordered through TV ads or unsolicited calls.

**Community members** can help by looking out for older neighbors. When in public, they can be aware of older individuals purchasing gift cards in large amounts. They can encourage those they know to talk to a trusted source about their Medicare questions and tell neighbors about the most recent Medicare scams. They can even consider volunteering with the local SMP!





## Events/Activities



INTERNATIONAL  
*Chess Day Tournament*  
WEDNESDAY  
JULY 20TH  
AT 1:00 PM



JULY 19TH AT 11:30AM

**NATIONAL  
DAIQUIRI  
DAY**

**JOIN US  
FOR SOME  
LUNCH TIME  
VIRGIN DRINKS**

# NEVER MISS A NEWSLETTER!

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



# July 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<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.                      The full cost of the meal is \$7.50 for those under age 60.                      Please pay at the front desk to receive your meal.                      **The menu is subject to change**</p> 				<p><sup>1</sup>  <b>Turkey Burger</b>                      &amp; Fix N's                      Three Bean Salad                      Watermelon                      Chips</p>
<p><sup>4</sup>                      Closed                      Happy                        of July</p>	<p><sup>5</sup>  <b>Hot Turkey Sandwich</b>                      Mashed Potatoes                      w/ Gravy                      Buttered Peas                      Fresh Fruit</p>	<p><sup>6</sup>  <b>Sausage Lentil Soup</b>                      Green Salad                      Mandarin                      Oranges                      Wheat Roll</p>	<p><sup>7</sup>  <b>BBQ Chicken</b>                      Zucchini Pasta                      Salad                      Melon Salad</p>	<p><sup>8</sup>  <b>Turkey Salad on Croissant</b>                      Green Beans &amp;                      Carrots                      Mandarin                      Oranges                      Lays Potato Chips</p>
<p><sup>11</sup>  <b>Breaded Fish Taco</b>                      Coleslaw                      Peaches</p>	<p><sup>12</sup>  <b>Chicken &amp; Stuffing</b>                      Sweet Potatoes                      Fresh Fruit                      Whole Wheat Roll</p>	<p><sup>13</sup>  <b>Chef's Choice</b></p>	<p><sup>14</sup>  <b>Tortellini Soup</b>                      Sicilian Veggies                      Fresh Fruit                      Garlic Bread</p>	<p><sup>15</sup>  <b>Ham Sandwich</b>                      Cucumber Salad                      Watermelon                      Sun Chips</p>
<p><sup>18</sup>  <b>Veggie Pizza</b>                      Roasted                      Parmesan Italian                      Vegetables                      Fresh Fruit</p>	<p><sup>19</sup>  <b>Biscuits &amp; Gravy</b>                      Sausage Patty                      Fruit                      V8</p>	<p><sup>20</sup>  <b>Chicken Tortilla Soup</b>                      Chuck-wagon Corn                      Tropical Fruit                      Salad</p>	<p><sup>21</sup>  <b>Sloppy Joes</b>                      Carrot Salad                      Mandarin                      Oranges                      Lays Potato Chips</p>	<p><sup>22</sup>  <b>Tuna Sandwich</b>                      Cheesy                      Cauliflower Soup                      Pineapple</p>
<p><sup>25</sup>                      Closed for                      Pioneer Day  </p>	<p><sup>26</sup>  <b>Ravioli</b>                      Italian Seasoned                      Vegetables                      Melon Salad                      Garlic Bread</p>	<p><sup>27</sup>  <b>Swedish Meatballs</b>                      Brown Rice                      Green Beans                      Apricots</p>	<p><sup>28</sup>  <b>Chicken Noodle Soup</b>                      Green Salad                      Fruit                      Wheat Crackers</p>	<p><sup>29</sup>  <b>Loaded Taco Salad</b>                      Roasted Corn                      Grape Salad</p>







## Volunteers Needed

The Senior Center is looking for  
volunteers to teach  
Health Promotion and Education classes



Fitness/ Painting /History  
Grief/ Caregiver Support Groups  
Health and Wellness  
Beginning Spanish

Call: 755-1720 Contact: Colby

The Cache County Senior Citizens Center  
240 North 100 East  
Logan, UT 84321

# Events / Activities

**HIP, HIP,  
HOORAY!**

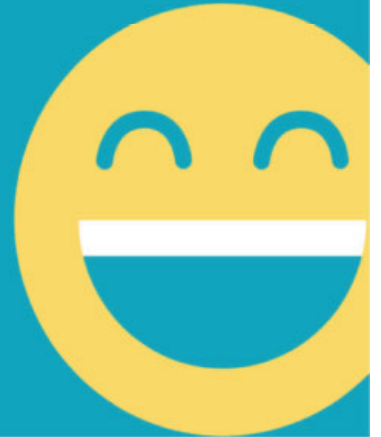
*Bingo and  
Jeopardy Coming  
EVERY Monday!*

Bingo at 11:00 AM  
Jeopardy at 12:30 PM

7/26/2022

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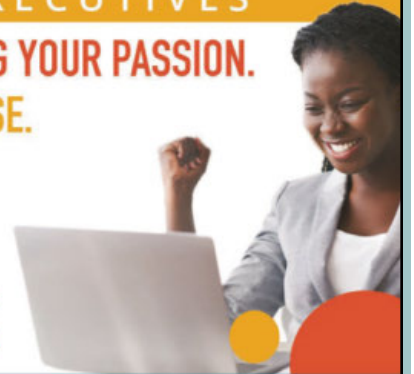


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Cache County Senior Center, Logan, UT

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# Health and Wellness

## Healthy Living: How Older Adults Are Managing Their Emotional and Mental Well-Being

2022 AARP Healthy Living Survey of Adults Age 50 and Older

by Cheryl L. Lampkin, [AARP Research](#), May 2022

Recent survey reveals older adults are poised to bounce back after the pandemic has taken its toll on their mental and emotional well-being.

Experiencing the pandemic has had a negative emotional impact on most of us. This study illuminates where older adults are emotionally right now and how they are managing their emotional and mental well-being. This study also demonstrates that despite the challenges to emotional and mental well-being, most older adults say they are resilient and expect to be able to bounce back from these challenges. However, a deeper dive suggests some older adults may benefit from help with managing their emotional and mental well-being.

While most older adults say their emotional and mental health are very good, many say they have been bothered by anxiety and depression.

When asked about mental health, two-thirds of older adults age 50-plus say their emotional (64%) and mental (66%) well-being are excellent or very good. However, when asked about specific emotional health measures, we find, two weeks prior to the study:

- 45% had been bothered by anxiety.
- 34% say they had little interest or pleasure in doing things.
- 31% had feelings of depression or hopelessness.
- 52% had difficulty falling asleep or staying asleep.

In addition to COVID, increased anxiety among the 50-plus can be attributed to personal challenges, domestic politics, and the Russian invasion of Ukraine.

Most (61%) older adults age 50-plus say they have experienced some level of anxiety in the past year. Experiences related to the COVID-19 pandemic can be seen as the primary culprit related to the level of anxiety felt by those ages 50-plus. Three in ten (31%) say experiencing the COVID-19 pandemic has increased their level of anxiety.

While older adults have faced emotional challenges over the past few years, they are resilient and feel they have what it takes to bounce back and thrive.

Even with raised stress levels and anxiety, older adults age 50-plus say they are resilient. When asked to rate their level of resiliency from 1 (lowest) to 10 (highest) the average rating was between 7 and 8.

In fact, 58% rate their level of resiliency as high (8, 9, or 10 out of 10).

77% say their level of resiliency has not changed since the start of the pandemic.

13% say their level of resiliency has actually increased in the past two years.

However, when asked about specific measures of resiliency, a sizable number of older adults struggle with adapting and bouncing back when things don't go as planned and/or during hardship. For example, roughly four in ten do not bounce back quickly after hard times. Also, significantly fewer older adults ages 50 to 59 say they tend to bounce back quickly (56% for those ages 50 to 59 vs. 64% for the 60-plus).

While it is understandable to see a decline in mental health or emotional well-being during trying times, this is not a normal part of aging. To combat possible hesitation on the part of older adults to seek help with managing their emotional health, it is important that access to mental health treatment is easy, seamless, and normalized. Ensuring mental health and emotional well-being are addressed during all medical visits is an invaluable step toward ensuring older adults receive comprehensive care.

### Methodology

This national survey was conducted using NORC at the University of Chicago's AmeriSpeak 50+ Omnibus probability-based sample. AmeriSpeak is designed to be representative of the U.S. household population. All data are weighted by age, gender, and race according to the most recent Census population statistics.

A total sample of 1,964 adults ages 50-plus with multicultural oversamples of African Americans/Blacks (441 total) and Hispanics/Latinos (405 total) and LGBTQ (n = 228) were surveyed online and by telephone between February 24 and March 1, 2022. A portion of the multicultural samples came from the national survey sample. The survey was conducted in English and Spanish.

For more information, please contact Cheryl L. Lampkin at [clampkin@aarp.org](mailto:clampkin@aarp.org). For media inquiries, contact External Relations at [media@aarp.org](mailto:media@aarp.org).

Suggested citation:

Lampkin, Cheryl. 2022 AARP Healthy Living Survey of Adults Age 50 and Older. Washington, DC: AARP Research, May 2022. <https://doi.org/10.26419/res.00533.001>

<https://www.aarp.org/research/topics/health/info-2022/healthy-living-emotional-mental-well-being.html>



# Events / Activities

**JULY 22ND @ 11:00AM  
IN THE BOWERY**

## **BEACH BOYS POOL PARTY**

**COME DUNK YOUR TOES,  
PLAY GAMES AND WIN  
PRIZES DANCING TO THE  
BEACH BOYS!**

**CACHE COUNTY SENIOR  
CITIZENS CENTER  
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435-755-1720**



**We're GOING  
AGAIN!!!!**

## **Join us for CANOEING**

around **Benson Marina** with  
Common Ground Outdoor Adventures

**July 12th  
leaving Senior Center at  
9:30am**

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