

Cache County Senior Center

September 2022

Photo by Mike Bullock



**September 5th:
Closed for Labor
Day**

**Commodities &
Food Bank:
September 20th
12:45 PM -3:00 PM**

**Flu Shot Clinic:
September 30th
10:30 AM– 1:00PM
*Bring Insurance Card**



There will be new donation boxes in each room of our center for your convenience to make donations if you would like. There will be activities that have a fee (craft, cooking etc.). These prices will be posted in the activities calendar.

**SEPTEMBER IS
HEALTHY AGING
MONTH**

**with Fall
Prevention Week**

Join us for some Lunch and Learns:

9/7: Preventing Dementia-
Wendy Farr, Alzheimer's Association

9/15: Healthy Aging: Mental Health-
Tim Frost, BRMH

9/21: Fall Prevention-
Emily Jewkes, BRHD

Recipe

Zucchini Frittata



SimplyHomeCooked.com

This Zucchini Frittata Recipe is so deliciously flavorful and simple to make. The mixture of fresh vegetables, crispy bacon, and feta cheese are a combo you're going to love.

Ingredients

- 8 slices bacon
- 1 large garlic clove minced
- 1-2 tbsp olive oil
- 4 oz mushroom sliced
- 1 zucchini
- 1 1/2 cup baby spinach
- 6 eggs
- salt & pepper to taste
- 1/2 cup cherry tomatoes
- 1/3 cup crumbled feta cheese optional

Instructions

In a cast iron pan cook the chopped bacon and 1 tbsp olive oil on medium-high heat until crispy. Then stir in the minced garlic for about 30 seconds. Add the sliced mushrooms and stir for about 4 minutes.

Slice the zucchini in half lengthwise and chop into small slices. At this point you may want to add a little olive oil to prevent ingredients from sticking to the pan. Add the sliced zucchini and spinach to the mushrooms and sauté for 2-3 minutes.

Whisk the eggs with salt and pepper (to taste). Then pour the eggs into the cast iron pan.

Top the eggs with sliced cherry tomatoes. Place the cast iron pan in the oven on the middle rack and bake at 400 degrees

Fahrenheit for about 10-15 minutes or until the eggs set. One way to check if it's done is by cutting a slit in the middle of the frittata.

If the eggs run into the slit, it's not done yet.

Once it's cooked through evenly, garnish the frittata with crumbled feta cheese. Let it cool for about 5 minutes before slicing it into wedges and serving.

<https://simplyhomecooked.com/bacon-mushroom-spinach-frittata/>



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 have Original Medicare but have been seeing a lot of ads for Medicare Advantage Plans that seem great. I don't want to fall for just good marketing, though. Are Medicare Advantage Plans better than Original Medicare? How should I choose?

-Lauren (Chicago, IL)

Dear Lauren,

It's great that you are taking the time to learn about your options before enrolling in a plan. There are many important choices to make about your health care coverage, and being informed can help you make the best decisions for your own needs.

People with Medicare can get their health coverage through either Original Medicare or a Medicare Advantage Plan (also known as a Medicare private health plan or Part C). While there are many differences between the two, remember that Medicare Advantage Plans must provide the same benefits offered by Original Medicare, but may apply different rules, costs, and restrictions.

Let's review some of the main differences between these two ways to get your Medicare:

Costs

*Original Medicare: You will be charged for standardized Part A and Part B costs, including a monthly Part B premium (\$170.10 in 2022). You are responsible for paying a 20% coinsurance for Medicare-covered services if you see a participating provider and after meeting your deductible.

*Medicare Advantage: Your cost-sharing varies depending on plan. You usually pay a copayment for in-network care. Plans may charge a monthly premium in addition to Part B premium.

Supplemental insurance

*Original Medicare: Have the choice to pay an additional premium for a Medigap policy to cover Medicare cost-sharing.

*Medicare Advantage: Cannot purchase a Medigap policy.

Provider access

*Original Medicare: Can see any provider and use any facility that accepts Medicare (participating and non-participating).

*Medicare Advantage: Typically can only see in-network providers.

Referrals

*Original Medicare: Do not need referrals for specialists.

*Medicare Advantage: Typically need referrals for specialists.

Drug coverage

*Original Medicare: Must sign up for stand-alone prescription drug plan.

*Medicare Advantage: In most cases, plan provides prescription drug coverage (you may be required to pay a higher premium).

Other benefits

*Original Medicare: Does not cover vision, hearing, or dental services.

*Medicare Advantage: May cover additional services, including vision, hearing, and/or dental (additional benefits may increase your premium and/or other out-of-pocket costs).

Out-of-pocket limit

*Original Medicare: No out-of-pocket limit.

*Medicare Advantage: Annual out-of-pocket limit. Plan pays the full cost of your care after you reach the limit.

Between the two options, one is not better than the other. Medicare Advantage and Original Medicare are just different, and you may prefer one over the other depending on your needs and priorities. To review the differences and receive counseling on your options, I recommend calling your local State Health Insurance Assistance Program (SHIP).

-Marci

Lunch Series | Tuesday Movies

September Lunch Series

All presentations start at
12:10 in the Cafeteria

- Sep 7: Preventing Dementia - Wendy Farr, Alzheimer's Association
- Sep 12: Nutrition w/ Jenna, USU Extension, followed by a cooking demo at 1:00
- Sep 15: Healthy Aging: Mental Health - Tim Frost, Bear River Mental Health
- Sep 20: Financial Exploitation - Adult Protective Services
- Sep 21: Fall Prevention - Emily Jewkes, Bear River Health Department
- Sep 23: Preserving Photos - Jesse Walker, professional photographer



NOW

SHOWING

Movies every Tuesday at 1pm

Sep 6: Grease (1978, PG)

Sep 13: Top Gun: Maverick (2022, PG-13)

Sep 20: Jane [Goodall] (2017, PG)

Sep 27: The Boy in the Striped Pajamas (2008, PG-13)



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



September 2022

Monday

Tuesday

Wednesday



Sing to me, Autumn, with the rustle of your leaves.
Breathe on me your spicy scents that flow within your breeze.

Dance with me, Autumn, your waltz that bends the boughs of trees.

Source: <https://www.familyfriendpoems.com/poems/nature/fall/>

5



6

1:00 Movie: *Grease* (1978)
1:00 Class: Stepping On (3 of 6)

7

10:30 Cooking Class in Spanish-*Mejore Su Salud*
12:10 Lunch & Learn: Preventing Dementia, Wendy Farr w/ Alzheimer's Assoc.
1:00 Bobbin Lace

12

9:30 Walking Group
9:30 Mindful Yoga
11:00 Music Bingo
12:10 Lunch & Learn: Nutrition with Jenna, USU Extension
12:30 Jeopardy
1:00 Cooking Demo with Jenna

13 *Roald Dahl Day*

12:10 Roald Dahl reading
1:00 Movie: *Top Gun: Maverick* (2022)
1:00 Class: Stepping On (4 of 6)

14

10:30 Cooking Class in Spanish-*Mejore Su Salud*
12:30 Field Trip: Cycling with Common Ground (\$7; see pg. 9)
1:00 Bobbin Lace

19 *National Dance Party Day*

9:30 Walking Group
9:30 Mindful Yoga
11:00 Bingo
12:10 Lunchtime Dance Party
12:30 Jeopardy

20 *National Fried Rice Day*

11:00 Cooking Class: Fried Rice
12:00 Lunch & Learn: Financial Exploitation, APS
12:45-3:00 Commodities
1:00 Movie: *Jane [Goodall]* (2017)
1:00 Class: Stepping On (5 of 6)

21

10:30 Cooking Class in Spanish-*Mejore Su Salud*
12:10 Lunch & Learn: Fall Prevention, Emily Jewkes, BRHD
1:00 Wii Bowling
1:00 Bobbin Lace

26

9:30 Walking Group
9:30 Mindful Yoga
11:00 Bingo
12:30 Jeopardy



27 *National Chocolate Milk Day*

11:00 Breakfast Club: Chocolate Milk Social
1:00 Movie: *The Boy in the Striped Pajamas* (2008)
1:00 Class: Stepping On (6 of 6)

28

10:30 Cooking Class in Spanish-*Mejore Su Salud*
1:00 Origami (\$1)
1:00 Bobbin Lace
2:00 Book Club: *A Fatal Grace*

September 2022

Thursday	Friday
<p>1 11:15 Card-making with Brenda 12:45 TED Talk: <i>The history of our world in 18 minutes</i></p>	<p>2 9:00-3:00 Open Sewing 11:00 Blood Pressure 1:00 Technology Assistance</p> 
<p>8 11:30 Out to Lunch Bunch (walking): The Charcoal Grill</p>	<p>9 10:00 Sewing: Quilt Block of the Month (\$2) 1:00 Technology Assistance</p>
<p>15 11:00 Craft with Jesse 12:10 Lunch & Learn: Healthy Aging: Mental Health, Tim Frost, BRMH 12:45 TED Talk: <i>Frientimacy: the three requirements of all healthy friendships</i></p>	<p>16 11:00 Blood Pressure 1:00 Technology Assistance</p>
<p>22 <i>Fall Equinox</i> 12:30 Craft and Chit Chat (\$1)</p> 	<p>23 <i>Save Your Photos Day</i> 10:00 Sewing: Project of the Month (\$2) 12:10 Lunch & Learn: Preserving Photos 1:00 Technology Assistance</p>
<p>29 12:45 TED Talk: <i>The danger of science denial</i></p>	<p>30 11:00 Music-making with Boomwhackers 1:00 Technology Assistance</p>

Daily Activities

Every Day

8:30-2:30 Computers
8:30 Fitness Room
8:30 Library
8:30 Pool Tables
8:30-2:30 Quilting

Monday

9:15 Walking Group
9:30 Mindful Yoga
11:00 Bingo
12:30 Jeopardy
1:00 Tai Chi

Tuesday

8:30 Ceramics
10:30 Tai Chi
11:00 Creative Writing
12:30 Mahjong
1:00 Movie

Wednesday

12:15 Bridge
1:00 Tai Chi
1:00 Bobbin Lace

Thursday

8:30 Ceramics
10:00 Bingocize
11:00 Chair Yoga
2:30 Clogging

Friday

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

Medication Management for Older Adults

Medication Safety: How Alice's Story Can Help Protect Older Adults

Mary Brennan-Taylor
Founding member, Team Alice

This cautionary tale details the last six weeks of



Alice Brennan's life and is offered in an attempt to spare others the pain and

anguish of medication harm; a deadly pill to swallow.

A smile, a laugh, a joke, or a jaunty dance step are what her cadre of friends and family remember about the feisty, 88-year-old Alice. Her tragic and preventable death from medication error still haunts those who loved her.

Be careful what you ask for

On July 3, a sunny start to the Fourth of July weekend, Alice woke with a nagging ache and stiffness in her neck and shoulders. She had been looking forward to a full weekend of picnics, and this pain was definitely going to throw a monkey wrench in her festive plans. A quick call to her primary care physician's office let her know that the office was closed for the holiday, so she dressed and drove to the nearby hospital emergency department. As she was examined by an emergency medicine physician, she asked to be given something to deal with the pain. Alice left the emergency department with a prescription for the muscle relaxant, Flexeril. After getting it filled at her neighborhood pharmacy, she went home, took a hot shower, and started to feel better. The ache was bearable, and since she didn't think she needed the Flexeril, she put it in her medicine cabinet and went

on with her weekend plans.

Four days later, Alice had an appointment with her neurologist. A few years earlier, she had experienced a transient ischemic attack, or mini-stroke, and dutifully followed up annually for a neurology well check. Accompanied by her daughter, she brought her current medication list with her, which contained medication for hypertension, a blood thinner, and eye drops. The only new medication on the list was the newly prescribed muscle relaxant.

When the neurologist checked the list, he was alarmed to see that Flexeril had been added. "Dear God, who would prescribe Flexeril to an 88-year-old woman?" were his exact words. He then proceeded to explain that as we age, our bodies absorb medication differently and do not break down medications in the same way they did when we were younger. Some medications may require lower dosages and some, like Flexeril, can be very dangerous and should be avoided. He advised Alice to never take the drug and properly dispose of it when she returned home. Alice followed his advice and never took even one pill.

Alice's dramatic decline from receiving the wrong medication

A week later, Alice experienced some swelling and stiffness in her right knee. Frustrated by this new physical infirmity, Alice and her daughter went to her primary care physician, where she was told that she was most likely experiencing symptoms of gout. She was referred to an orthopedic specialist who admitted her to the community hospital where a series of tests were performed. The diagnosis was indeed gout.

She was placed under the care of a hospitalist and remained in the hospital for five days. Upon the recommendation of the hospitalist, Alice was transferred to a rehabilitation facility for physical therapy. Approaching the physical therapy regimen with her typical gusto, Alice delighted in socializing with her fellow patients, enjoyed going table to table in the dining room during meals, and anxiously awaited returning home to enjoy the remainder of summer sitting on her porch with friends and family.

Out to Lunch Bunch | Field Trip

**Out to Lunch Bunch
is visiting...**



THE
CHARCOAL
GRILL

Thursday, September 8th
Walking from the center at 11:30am
5 min walk: two blocks (¼ mile)
RSVP at 435-755-1720



Join us for
CYCLING

The
Logan River Trail

Stable, easy-to-use
cycles from
Common Ground
Outdoor
Adventures



Wed, Sep 14th at 12:30pm

\$2 BUS FEE | \$5 ACTIVITY FEE
RSVP IN ADVANCE: 435-755-1720 OR SIGN
UP AT THE FRONT DESK

NEVER MISS A NEWSLETTER!

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



September 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.</p>			1 French Dip Sweet Potato Fries Quinoa Salad Pears	2 Sweet & Sour Meat Balls Jasmine Rice Steamed Veggies Fruit
5 Closed LABOR DAY	6 Open Faced Sliced Roast Beef Sandwich Mashed Potato & Gravy Buttered Peas Mixed Fruit	7 Beef & Barley Soup Green Beans Apricot Crisp Wheat Crackers	8 Hot Dog Roasted Buckwheat Salad Watermelon Sun Chips	9 Parmesan Chicken Roasted Vegetables Peaches Garlic Bread
12 Loaded Baked Potato Soup Roasted Vegetables Fresh Fruit Roll	13 Cream of Mushroom Chicken Wild Rice Roasted Green Beans Fruit	14 Chef's Choice 	15 Orange Chicken Brown Rice Asian Blend Vegetables Mandarin Oranges Fortune Cookie	16 Tuna Croissant Sandwich Crudites w/ Ranch Fresh Fruit Chips
19 Sliced Ham Au gratin Potatoes Buttered Peas Spiced Pears Whole Wheat Roll	20 Meat Loaf Mashed Potato & Gravy Steamed Corn Watermelon	21 Apricot Chicken Malibu Veggies Wild Rice Stuffing Sliced Oranges	22 Hearty Ham & Bean Soup Green Beans Fruit	23 Chef's Choice 
26 Chef's Choice 	27 White Chili Sunshine Carrots Peaches Wheat Crackers	28 Zucchini Frittata Sliced Turkey Bacon Fresh Fruit V8	29 Salisbury Steak Mashed Potatoes Peas & Carrots Mandarin Oranges Whole Wheat Roll	30 Garlic & Ginger Chicken Asian Ramen Noodle Salad Steamed Vegetables Grapes

Health and Wellness cont.

Ten days after admission to the rehabilitation facility, her daughter found Alice, the once vibrant jokester, sitting hunched over in a wheelchair near the nurse's station. Nauseated, lethargic, and with a gray pallor, Alice was in the throes of violent hallucinations. When asked if her mother had been given someone else's medication, the nurse brought out Alice's chart and there, in terrifying black and white, was the word Flexeril.

Once she was prescribed the drug in the emergency department, the medication, unfortunately, became a permanent part of her electronic medical record. It was erroneously assumed Flexeril was a medication she should be given when hospitalized.

Medication safety could have prevented Alice's tragic death

Tragically, Alice never recovered from the inappropriate prescribing of Flexeril. In addition to the terrifying hallucinations, she developed adverse reactions that included urinary tract infections, unsteady gait, and depressed appetite that resulted in dehydration and **malnutrition**. Her fragile state left her subject to the ravages of multiple healthcare-acquired infections, including MRSA, C-difficile, and Vancomycin-Resistant Enterococcus.

Six weeks after seeking treatment for gout, Alice Brennan suffered a painful, agonizing, and preventable death caused by a medication error.

What you can do: How medication safety can protect you and your loved ones

Alice's lasting legacy will be the steps you take to protect yourself and those you love. Medication safety begins with you.

Understand what medications you are taking, including any possible side effects.

Ask questions to ensure the medication

prescribed is safe for you.

Ask if there are non-pharmaceutical alternatives to medication, such as physical therapy.

Bring any medication side effects to the immediate attention of your physician or pharmacist.

Bring your current medication list with you to the hospital, and if hospitalized, always check the medications you are given before taking them.

Be careful what you ask for. Less is more when taking medication.

For more about The Alice Story, please visit www.teamalice.org.

Get a Flu Shot Today

BECAUSE A FLU SEASON IS COMING

THE BEAR RIVER HEALTH DEPARTMENT
WILL BE HERE SEPT. 30TH FROM
10:30AM - 1:00 PM

PLEASE BRING YOUR INSURANCE
CARD

CACHE COUNTY SENIOR CENTER
240 N 100 E LOGAN

Hispanic Heritage Month



We celebrate Hispanic Heritage Month to recognize the achievements and contributions of Hispanic American champions who have inspired others to achieve success.

Why the split between months? The answer is tied with the Independence Day celebration for several Central American Countries.

The observation started in 1968 as Hispanic Heritage Week under President Lyndon Johnson. It was expanded by President Ronald Reagan in 1988 to cover a 30-day period.

The word Hispanic is typically used to describe people with a heritage rooted in Spanish-speaking Latin America.

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Cache County Senior Center, Logan, UT

E 4C 05-1038

Medicare for Older Adults

Junk or Not? How to Sort Your Medicare Mail



The start of fall brings welcome changes like cooler days and colorful foliage, but it also brings the deluge of mailings and solicitations from

insurance companies touting the benefits of their Medicare plans.

These ads coincide with Medicare's annual open enrollment period, which runs from October 15 through December 7. If you are currently enrolled in a Medicare Advantage or Medicare Part D prescription drug plan, this is your chance to change plans for the upcoming year. It is important to re-evaluate your plan choices given that Medicare plan costs and coverage change every year.

Be skeptical about ads touting “free” Medicare benefits

You may have seen ads on TV or received mailings and emails that tout free Medicare advice or benefits that appear too good to be true. Ads or mailings from Medicare health plans typically start on or just after October 1 each year.

These marketing campaigns are designed to prompt you to call a phone number, enter an email address, or register for an event to learn more about an advertised plan and ultimately sign up for that plan. It's important to be skeptical of these claims, and to know what questions to ask when looking at plan choices.

Learn to recognize important mail from Medicare

The Medicare program is administered by the Centers for Medicare & Medicaid Services (CMS) of the U.S. Department of Health and Human Services (DHHS). Be sure to open any information that comes from the CMS, DHHS, and the Social Security Administration. Additionally, know that it is forbidden by law to use the words or symbols “Medicare,” “Centers for Medicare & Medicaid Services,” “Department of Health and Human Services,” or “Health & Human Services” in a way that indicates approval or endorsement on any marketing or non-government correspondence.

How to identify marketing mail

Here are some tips to help identify materials that are

promotional and do not require your attention:

- The material usually asks you to call, email, send a post card or attend a seminar to learn more about a Medicare plan
- The material may use language filled with superlatives such as the best, the most, the least expensive or sometimes the word free which is prohibited and an inaccurate description for Medicare plans
- The material often includes large colorful graphics to grab your attention
- The postage area may be imprinted with “PRESORTED” or “PRSRT STD” which is commonly used for mailing a large quantity of business or advertising mail

Report suspicious mail

If you receive a piece of mail that raises your suspicion, here's what to do:

- Ask a relative or friend to review the information with you to determine if any action is required
- Go to [Medicare.gov](https://www.Medicare.gov) to review a complete list of the notifications and information that Medicare or your existing health and/or drug plan send out on behalf of CMS. The list explains the purpose of the mailing and the month it is sent.
- Contact 1-800-MEDICARE for help in determining the legitimacy of mail that claims to be about your Medicare coverage.

Open mail from your current health or drug plan (s)

Even if you are looking to change plans for the coming year, it is still important to continue to read the information sent by the plan(s) in which you are currently enrolled. Know the name of your current Medicare plan(s) and be sure to open any mail sent by the plan(s).

One important notice you will receive during the month of September is the Annual Notice of Change (ANOC). The document describes the changes in plan costs, benefits, formulary (approved drug list), and service area for the upcoming year. The ANOC will provide a baseline to compare your current plan to other plans during the open enrollment period. Seek help before choosing a plan.

Continued on page 15

Fraud

The Medicare Plan Finder is an online searchable tool on the Medicare.gov website that allows users to compare all Medicare plan options, including Medicare Advantage plans, Medicare Part D plans, and Medigap supplemental policies available in a service area. Users can also enroll into a Medicare Advantage or Medicare Part D drug plan directly from Plan Finder.

The State Health Insurance Assistance Program (SHIP) offers free unbiased Medicare counseling in every state. Counselors are available to help beneficiaries and their caregivers compare Medicare options and plans. Contact your local SHIP by early October to learn how to sign up for assistance.

A trusted local broker may also be an option to help you navigate your Medicare choices during open enrollment.

Important reminder: Never provide your Medicare number, Social Security number or credit card information or any personally identifiable information in response to any solicitation.



MEJORE SU SALUD. Clases de Nutrición ofrecidas a través del servicio de Extensión de la Universidad Estatal de Utah (USU EXTENTION) Instructora ANNY GALVIN
Lugar: Senior Center, Logan
Hora: 10:30 am
Fecha: Septiembre 7,14,21,28

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