

Photo by Mike Bullock



CELEBRATE HALLOWEEN WITH US ALL MONTH



- 10/6 FIELD TRIP TO THE PUMPKIN WALK
- 10/12 CRAFT: HALLOWEEN T-SHIRTS
- 10/18 MOVIE: GHOSTBUSTERS: AFTERLIFE
- 10/25 BREAKFAST CLUB PUMPKIN CARVING
- 10/25 MOVIE: HOCUS POCUS 2

- 10/26 COOKING CLASS: PUMPKIN SEEDS
- 10/27 CRAFT AND CHIT CHAT: WITCHES CONVENTION
- 10/31 HALLOWEEN BINGO AND THE HALLOWEEN PARTY!
- SEE INDIVIDUAL EVENT FLYERS IN NEWSLETTER- MUST RSVP!



Pumpkin Sheet Cake

Ingredients

- 15 oz. Pure Pumpkin Puree
- 1/2 Cup vegetable Oil
- 1/2 Cup Butter ,softened
- 1/4 Cup hot Water
- 1/2 Cup Buttermilk
- 3 Eggs
- 2 cups sugar
- 1 1/2 teaspoons vanilla
- 2 Cups Flour
- 2 teaspoons baking soda
- 1/4 teaspoon Salt
- 2 t pumpkin pie spice

Frosting

- 8 oz Cream Cheese , softened
- 1/2 cup Butter , softened
- 1 lb. Powdered Sugar
- 1-2 tablespoon milk

Frosting Instructions

1. Mix the cream cheese and butter together with a hand mixer.
2. Then gradually add the powdered sugar and then add the milk according to consistency.

Instructions

1. Preheat oven to 350 degrees F. Then grab a cookie sheet and place parchment paper down or spray baking spray on the bottom and edges of the pan.
2. In a bowl or mixer add the can of pumpkin, oil, butter, then add the hot water. Mix really good all together. Add the eggs, buttermilk and vanilla. Mix all together.
3. Next up mix in the sugar. Then add in the flour, baking soda, salt and pumpkin pie spice. Then pour the batter into the pan.
4. Bake for 20 minutes. Then set aside to completely cool.
5. Finally frost the cake when it is completely cooled. Serve and enjoy!

<https://madeitateitlovedit.com/pumpkin-sheet-cake/>



Parking

Did you know?

Both parking lots have been and will continue to be monitored in the evenings and overnight. If any vehicles are left overnight they will be booted. Both Cache County and the LDS church have contracted with a company to enforce no overnight parking. The hours enforced are between Midnight to 6:00 AM. This allows for the snow plow to clear the lots in the winter and keeps the lots open for your use. Any fines associated with your vehicle being booted will be your responsibility.

The Cafeteria Room will be closed October 6 & 7 for maintenance. A take out meal will be provided if you wish to each on the multipurpose room will be available from 12:00 pm- 1:00 pm.





Medicare's Open Enrollment Period

Medicare's Open Enrollment runs October 15 through December 7 and is the time of year when you can make certain changes to your Medicare coverage. You can make as many changes as you need to your Medicare coverage during Open Enrollment. The last change you make will take effect on January 1. Take action during Open Enrollment to ensure your coverage will meet your needs in 2023.



Know the changes you can make during Medicare's Open Enrollment

The changes you can make include:

- Joining a new Medicare Advantage Plan or Part D prescription drug plan
- Switching from Original Medicare to a Medicare Advantage Plan
- Switching from a Medicare Advantage Plan to Original Medicare (with or without a Part D plan)

Call 1-800-MEDICARE (800-633-4227) to make changes by phone or visit [Medicare.gov](https://www.Medicare.gov) to compare options and enroll in some plans online.

Note: If you leave a Medicare Advantage Plan to join Original Medicare, you may also be able to purchase a Medigap policy. Medigap policies help with out-of-pocket costs and only work with Original Medicare. Contact your State Health Insurance Assistance Program (SHIP) to learn about your state-specific Medigap rights and options. Colby & Giselle– 755-1720

Review your coverage for 2023

Medicare Advantage and Part D plans usually change each year. Make sure that your drugs will still be covered and your providers and pharmacies will still be in network.

If you have **Original Medicare**, visit [Medicare.gov](https://www.Medicare.gov) or read the 2023 *Medicare & You* handbook to learn about Medicare's benefits for the upcoming year. The handbook is available in different languages.

If you have a **Medicare Advantage Plan or a stand-alone Part D plan**, read your plan's Annual Notice of Change (ANOC) and Evidence of Coverage (EOC).

Explore other plans in your area. You may find a cheaper plan that meets your healthcare and prescription drug needs. Research shows you can lower your costs by shopping around.

Medicare Advantage Plans have significant flexibility in the supplemental benefits they are allowed to offer their members, including whether some benefits are offered to all members or just some members. This includes the ability to offer benefits to some members that are not directly considered medical care, like nutrition services. This means that there are many factors to consider when comparing Medicare Advantage Plan options.

Commodities

October 18

12:45 PM– 3:00 PM

Lunch Series | Tuesday Movies

October

Lunch Series

All presentations start at
12:10 in the Cafeteria

- Oct 5: Learn about Raccoons! with Jesse
- Oct 17: Nutrition w/ Jenna, USU Extension, followed by a cooking demo at 1:00
- Oct 18: Identity Theft - Jennifer Whiteley, USU Family Finance
- Oct 21: Lunch Music with Tim Love
- Oct 31: Halloween!



NOW SHOWING



Movies every Tuesday at 1pm

Oct 4: The Ten Commandments
(1st half; 1956, G)

Oct 11: The Ten Commandments
(2nd half; 1956, G)

Oct 18: Ghostbusters: Afterlife
(2021, PG-13)

Oct 25: Hocus Pocus 2
(2022, PG)



October 2022

Monday	Tuesday	Wednesday
<p>3 9:30 Walking Group 9:30 Mindful Yoga 11:00 Bingo 12:30 Jeopardy</p>	<p>4 10:00 Pool Tournament 1:00 Movie: <i>The Ten Commandments</i> (1st half; 1956)</p> 	<p>5 11:00 Line Dancing 12:10 Lunch & Learn: Learn about Raccoons!</p>
<p>10</p>  <p><i>Senior Center Closed</i></p>	<p>11 11:30 Out to Lunch Bunch: In-N-Out 1:00 Movie: <i>The Ten Commandments</i> (2nd half; 1956)</p> 	<p>12 11:00 Line Dancing 1:00 Craft: Halloween T-shirts! (\$1; bring own shirt!)</p>
<p>17 9:30 Walk with Ease (1 of 6) 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</p>	<p>18 12:10 Lunch & Learn: Identity Theft with Jenni Whiteley, USU 1:00 Movie: <i>Ghostbusters: Afterlife</i> (2021) Commodities 12:45-3:00</p>	<p>19 11:00 Line Dancing 1:00 Checkers Tournament</p> 
<p>24 9:30 Walk with Ease (2 of 6) 9:30 Mindful Yoga 11:00 Bingo 12:30 Jeopardy</p>	<p>25 10:00 Breakfast Club: Pumpkin carving (\$2) 1:00 Movie: <i>Hocus Pocus 2</i> (2022)</p>	<p>26 11:00 Line Dancing 1:00 Cooking Class: Cinnamon Sugar Roasted Pumpkin Seeds 2:00 Book Club: <i>The Strange Case of Dr. Jekyll and Mr. Hyde</i></p>
<p>31 9:30 Walk with Ease (3 of 6) 9:30 Mindful Yoga 10:30 Halloween Bingo 11:00 Halloween Party 12:30 Halloween Jeopardy</p>		

October 2022

Thursday	Friday
<p>6 11:15 Card-making with Brenda 1:00 Field Trip: Pumpkin Walk (\$2)</p> <p>Cafeteria closed</p>	<p>7 9:00-3:00 Open Sewing 11:00 Blood Pressure 1:00 Technology Assistance</p> <p>Cafeteria closed</p>
<p>13 12:30 Field Trip with Common Ground: Archery! (\$5)</p> 	<p>14 10:00 Sewing: Quilt Block of the Month (\$2) 1:00 Technology Assistance</p> 
<p>20 12:45 TED Talk: <i>My stroke of insight</i></p> 	<p>21 11:00 Music-making with Boomwhackers 11:00 Blood Pressure 12:10 Lunch Music with Tim Love 1:00 Technology Assistance</p>
<p>27 12:30 Craft & Chit Chat hosting the <i>Witches Convention</i> (\$1)</p> 	<p>28 10:00 Sewing: Project of the Month (\$2) 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

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

Thursday

8:30 Ceramics
10:00 Bingocize
11:00 Chair Yoga
12:30 Mahjong
2:30 Clogging

Friday

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

Medicare –Spanish

Cómo elegir entre Medicare original y Medicare Advantage

Es importante que entienda sus opciones de cobertura de Medicare y que elija su cobertura cuidadosamente. Hoy, hablaremos sobre una elección importante: Medicare original versus un Plan Medicare Advantage.

Punto 1: Entienda los aspectos básicos de Medicare original.

Medicare original es el programa tradicional de cuota por servicios que se ofrece directamente a través del gobierno federal. A veces se le llama Medicare tradicional o Medicare de cuota por servicio. Bajo Medicare original, usted puede ir con cualquier médico y a cualquier hospital que acepte Medicare, en cualquier parte del país. Puede ir directamente al médico u hospital cuando necesite atención, lo cual quiere decir que no necesita obtener autorización de Medicare o una remisión de su médico de atención primaria para la mayoría de los servicios. En Medicare original, usted es responsable de pagar una prima mensual por la Parte B y, en algunos casos, una prima por la Parte A. Generalmente, usted paga un coseguro, o un porcentaje del costo total, por cada servicio que recibe, pero las personas con Medicare original tienen la opción de comprar un Medigap para ayudar a cubrir los costos de su propio bolsillo. Si desea tener cobertura de medicamentos recetados con Medicare original, en la mayoría de los casos, necesitará elegir e inscribirse en un plan independiente de medicamentos recetados de Medicare, también llamado plan de la Parte D. A menos que elija lo contrario, usted tendrá Medicare original cuando se inscriba en Medicare por primera vez.

Punto 2: Entienda los aspectos básicos de Medicare Advantage.

Los Planes Medicare Advantage, también conocidos como Parte C o planes MA, son planes que tienen un contrato con el gobierno federal para proporcionar beneficios de Medicare. Recuerde que usted sigue teniendo Medicare si se inscribe en un Plan MA. Esto quiere decir que usted todavía debe pagar una prima por la Parte B y, tal vez, por la Parte A, además de otras primas potenciales por el Plan MA. Los Planes MA deben cubrir todos los mismos servicios que Medicare original y, generalmente, incluyen cobertura de medicamentos recetados. En los Planes MA, usted generalmente tiene que ir con proveedores que sean parte de la red y área de servicio de su plan para pagar el costo más bajo por los servicios. En muchos planes, usted debe obtener autorización previa o una remisión de su proveedor de atención primaria para los servicios especializados, procedimientos y equipo médico

duradero. A menudo, tendrá que pagar copagos fijos por cada servicio o artículo que reciba. Estos costos varían según el plan. Los planes no pueden cobrar copagos o coseguros más altos que los de Medicare original por ciertos servicios, como quimioterapia y diálisis, pero pueden cobrar costos compartidos más altos por otros servicios. Todos los planes MA deben incluir un límite para los gastos de su propio bolsillo por los servicios de la Parte A y B, aunque estos límites suelen ser elevados. Algunos planes MA pueden ofrecer ciertos beneficios que Medicare no cubre, como atención dental y de la vista, o ciertos apoyos domiciliarios. Contacte directamente al plan para obtener información sobre sus costos, cobertura y cualquier beneficio adicional que pueda proporcionar.

Punto 3: Conozca qué debe tomar en cuenta al elegir entre Medicare original y Medicare Advantage.

Algunos de los factores importantes a considerar son:

Costos: ¿Por cuáles primas y costos de mi propio bolsillo seré responsable?

Seguro suplementario: ¿Tendré la opción de comprar una póliza de Medigap? Si tengo otra cobertura, como un plan para jubilados, ¿cómo funcionará con mi opción de cobertura de Medicare?

Acceso a proveedores: ¿Qué tipo de proveedores puedo ver? ¿Necesito ver a proveedores dentro de la red o conseguir remisiones? De ser así, ¿los médicos con quienes voy son parte de la red del plan?

Cobertura de medicamentos: ¿Está incluida la cobertura de medicamentos recetados o tendré que comprar un plan de la Parte D? ¿Cubre la cobertura de medicamentos los medicamentos que tomo?

Beneficios adicionales/suplementarios: ¿Están cubiertos los servicios adicionales, como la atención de la vista, del oído o dental?

Límite para los costos de su propio bolsillo: ¿Hay un límite anual para los costos de mi propio bolsillo?

Punto 4: Tenga cuidado con las infracciones de comercialización mientras compara planes.

Los representantes, agentes e intermediarios de los Planes Medicare Advantage y de la Parte D deben seguir los lineamientos federales al momento de promocionarle estos planes. Estos lineamientos lo protegen en contra de tácticas manipuladoras y engañosas de ventas e inscripción.



Out to Lunch Bunch | Field Trip

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



Tuesday, October 11th, 11:30am
RSVP at 435-755-1720



**JOIN US
FOR 
ARCHERY**

**with Common Ground,
at the indoor Cache
Valley Shooting Range**



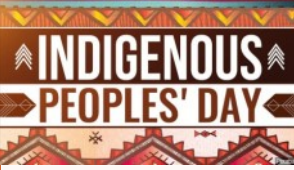



No experience required,
all materials provided

**Thursday, October 13th,
12:30pm**

RSVP in advance:
435-755-1720

\$3 activity fee | \$2 bus fee

October 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3 Broccoli Cheese Soup 1/2 Egg Salad Sandwich Peas & Carrots Diced Watermelon	4 Chicken Nuggets Mac & Cheese Green Beans Fruit Cocktail	5 Baked Ziti Italian Blend Veggies Apricot Wheat Roll 	6 Chicken Pot Pie Mixed Vegetables Warm Spiced Applesauce 	7 Creamy White Chili Apple Salad Broccoli Cinnamon Roll
10  Senior Center Closed	11 Tuna Noodle Casserole Buttered Peas Melon Medley Pumpkin Snickerdoodle Cookie	12 Pesto Chicken Bake Wild Rice Pilaf Winter Blend Veggies Mixed Fruit	13 Beef Stroganoff Capri Vegetables Grape Salad Roll 	14 Creamy Cauliflower Soup Breadstick Mixed Fruit <i>Vegetarian meal</i>
17 Pumpkin Pie Oatmeal Sausage Patty V8 Juice Warm Peaches <i>Vegetarian meal</i>	18 Fish & Chips Coleslaw Pineapple Chunks 	19 Harvest Chicken Casserole Asparagus Orange Slices	20 Pork Chop w/ Country Gravy Scalloped Potatoes Peas & Carrots Applesauce	21 Creamy Chicken Noodle Soup Green Salad Grapes Crackers Banana Cookie
24 Chicken Salad Croissant Sandwich Broccoli Salad Mixed Fruit Pumpkin Bars w/ Cream Cheese Frosting	25 Tuscan Tortellini Soup Italian Vegetables Peaches Slice of Bread	26 Biscuits & Gravy Crispy Bacon V8 Juice Pineapple w/ Cottage Cheese	27 Salisbury Steak Mashed Potatoes w/ Gravy Buttered Sun Kissed Carrots Applesauce	28 Cheesy Potato Soup Turkey Sandwich Buttered Corn Pears <i>Vegetarian meal</i>
31 Ghoulash Spooky Spuds n' Sprouts Candy Corn Cocktail Broomsticks	<p style="text-align: center;"> 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> 			

Events & Activities

JOIN US FOR THE



Thursday, October 6th

Leaving from the senior center at 1pm

\$2 bus fee | RSVP at 435-755-1720



BREAKFAST CLUB:

PUMPKIN CARVING

October 25 @ 10 AM

Come join us as we
make jack-o-lanterns!

\$2 activity fee

RSVP at 435-755-1720

Executive Memo



MEDIA CONTACT: David Zook
Cache County Executive
435-890-9239
david.zook@cachecounty.org

FOR IMMEDIATE RELEASE
September 20, 2022
PRESS RELEASE

MR. ZOOK GOES TO WASHINGTON

Cache County Executive Advocates for Local Needs with Federal Delegation

WASHINGTON, D.C. - Cache County Executive David Zook last week visited Washington, D.C. to meet with the Utah congressional delegation and advocate for local needs. The visit, which was in coordination with a delegation composed of representatives from chambers of commerce from throughout Utah, included meetings with Senators Lee and Romney and Representatives Moore, Stewart, Owens and Curtis.

“I’d like to thank the members of our delegation for serving and representing us and I especially appreciate the time they took to meet and hear about our needs,” said County Executive David Zook. “We had good conversations about several of our Cache Valley priorities ranging from infrastructure to mental health, the economy and senior citizens services.”

Meetings were also held with the legislative directors and other staff who work for members of the Utah delegation to ensure that local needs were communicated. Specific topics addressed included challenges with the railroad that are preventing completion of road projects, assistance for victims of crime, the Bear River National Heritage Act HB 3616, water infrastructure, the recommendations of the Cache Housing Crisis Task Force, transportation infrastructure, mental health counseling resources, support for local businesses, public health funding, and support for senior citizen programs, including funding for the Meals On Wheels program and for a new senior center.

“It was good to see the level of support and concern our representatives and their staff have for our needs,” said David Zook. “With the many pressing national problems they are working to address, I’m thankful that they are still willing to talk about and help with our local challenges as well.”

Events & Activities



HALLOWEEN PARTY

YOU'RE INVITED!

OCTOBER 31

11:00 AM
COSTUME CONTEST,
SNACKS, GAMES,
DANCING WITCHES,
AND MORE!

Decorative elements include a spider on a web, a witch flying on a broom, bats, and pumpkins.



JOIN US FOR A
WICKED GOOD TIME

CRAFT &
CHIT CHAT
HOSTS THE
WITCHES
CONVENTION

OCT. 27 | 12:30 PM | \$1

Decorative elements include a witch hat, a crescent moon, a black cat, a spider, and a broom.

Fraud

Avoiding Scams and Fraud for Older Adults Protecting Yourself Against Tech Support Scams

Since the dawn of the internet, we've been warned about the damage computer viruses can do—from deleting important files to dramatically slowing our system's performance. Computer technical support scams rely on this ingrained fear to bilk unsuspecting seniors out of their hard-earned money.

What are tech support scams?

Tech support scams involve unsolicited offers to fix a “problem” with your computer or software. They typically come from someone pretending to be from a legitimate software company (e.g. Microsoft). A tech support scam may be attempted through a website, via email or text, or by phone. While their intentions may seem pure, the fraudsters behind these scams are out to get access to your systems—and your credit card or bank account number. In the end, you could end up losing a lot of money.

How big is this problem and how does it impact older adults?

How much money do tech support scams make? How many people fall for tech support scams? According to a 2020 report from the FBI Internet Crime Complaint Center (IC3), this problem is big—and growing. Tech support fraud was one of the top three crime trends in 2020 along with ransomware and business email scams. Consider these facts:

- The IC3 received 15,421 complaints from tech support scam victims in 60 countries.
- Total losses were more than \$146 million—a 171% increase from 2019.
- At least 66% of the victims were age 60 or older. This group took the brunt of financial losses equating to more than \$116 million. Older adults are common targets due to the assumptions that they're wealthier than other age brackets and less tech-savvy.

Behind the numbers are real people who have endured devastating losses at the hands of cybercriminals. In 2021, a man from Illinois lost his life savings to scammers pretending to be an employee of a known antivirus company. Under the guise of giving the man a refund for unused software, these scam artists gained remote access to his bank account and home equity line of credit. They ultimately made away with nearly \$200,000—money that was never recovered.

Most importantly, trust your instincts. If you receive a website pop-up, email, text message, or phone call that doesn't feel right, don't hesitate to ignore it or end the

conversation. It's not rude to hang up the phone on unsolicited callers, especially those who make you uneasy.

How do I stop tech support scams?

If you're wondering how to avoid tech support scams, there are a number of things you can do. In general, it's a good idea to:

- Be wary: Handle all unexpected, inbound communications with caution. Most reputable companies do not send out unsolicited phone calls, emails, or online messages. What's more, real tech support departments will never ask you to pay with gift cards or a bank transfer.
- Be assertive: If a caller insists there's an urgent problem with your computer, don't be alarmed—and don't be afraid to say “no” and hang up. There's no computer problem that can't wait to be addressed. If a caller claims to be from a reputable company, verify that company's phone number and call the number directly.
- Be protective of your personal information: Never give out your personal or financial information by email or by phone. When conducting online transactions, use credit cards instead of your bank info or debit card. Most credit card companies will not hold you liable for fraud, which makes them a safer way to buy online.

What to do if you think you've been scammed online

If you suspect you're the victim of a tech support scam, don't panic. Instead, take a deep breath and follow these steps:

- Hang up the phone immediately or shut down your computer.
- Call someone you trust and let them know what happened.
- Contact your financial institution if money has been removed from your account.
- Request assistance from legitimate technical support companies that you've verified.
- File a complaint with the FBI and/or report the scam online to the Federal Trade Commission (FTC). Reporting your experience can help prevent this fraud from happening to someone else.



Events & Activities

CRAFT: Halloween T-shirts!

Bring your own shirt
(black or orange recommended)
and turn it into a Halloween-
themed masterpiece!

Wednesday
October 12th, 1pm
\$1 craft fee
MUST RSVP

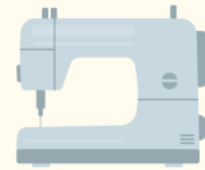
New Class

Open Sew!

Friday October 7th

First Friday of every month
from 9am to 3pm

Bring your projects and
sew the day away in our
new open sew time with
volunteer BethAnn



Seven Tips for Aging Well

You've probably heard a lot about wellness in the past few years—from “wellness initiatives” in the workplace to fitness classes promising that they will “restore your wellness.” Healthcare plans emphasize wellness now too—Medicare covers an annual wellness visit as well as a variety of other preventive health services. But what exactly is wellness, and how can you implement it in your everyday life?

Wellness refers to the pursuit of a healthy, balanced lifestyle focused on both the mind and the body. Pursuing wellness also means following healthy aging strategies, and implementing lifestyle changes that can prevent diseases before they occur. According to the CDC, about half of all American adults have one or more chronic conditions (such as heart disease, stroke and obesity).

By focusing on preventing diseases before they occur, people of all ages can live healthier and happier lives. So what are some tried and true strategies for achieving wellness in your life? Check out our 7 tips below.

1. Eat right-For most adults this means at least 400 grams (5 portions) of fruits and vegetables a day, as well as five to eight 8-oz. glasses of water. It is also important to keep your sugar intake low and to avoid highly processed foods that contain lots of sugar, fat, and salt. Try using spices and fresh herbs for flavor in your favorite dishes (rather than extra butter or fried coatings) and consider swapping less healthy ingredients for their vegetarian version, such as zucchini noodles instead of regular pasta. To increase your water intake (and decrease sugar), try subbing homemade flavored water for soda. Just add whatever natural ingredients you like to your next glass of water, such as lemon juice, cucumbers, fresh mint/basil, or strawberries.

2. Stay active—in a way that's fun for you You're more likely to stick with an athletic activity that you actually enjoy, so consider walking with a friend, trying a group dance class, going for a hike, or anything else that appeals to you. You can start with just 10 minutes a day, and eventually try building towards 30 minutes or more of daily exercise. Every little bit helps.

3. Try meditation-Studies show that meditation may prevent mental deterioration, keeping your brain healthy as you age. Meditation is also a proven way to reduce stress and anxiety, leading to better overall health and quality of life.

4. Learn a new skill -Try learning a new skill that requires concentration, creative thinking and

memorization, like chess, crossword puzzles, or writing poetry. It's never too late to master that skill you always wanted to have—piano playing perhaps, or speaking French? Daily mental exercise helps you stay sharp and prevents cognitive decline.

5. Volunteer-Volunteering has been proven to boost happiness, and is also a great way to bond with friends and meet new people in your community (another proven factor in achieving wellness). Find a few hours a month and pick an activity that appeals to you and will keep you coming back.

6. Learn more about falls prevention-Every 15 seconds, an adult 50+ is treated in the emergency room for a fall. Falls are also a leading cause of fractures and traumatic brain injuries. Prevent falls and injury by removing loose carpets or throw rugs around your house. Keep paths clear of electrical cords and clutter, and use night-lights in hallways and bathrooms. You can learn more here.

7. Don't forget the sunscreen!-Many people don't realize that your skin actually gets thinner and more susceptible to sunburn (and therefore skin cancer) as you age. Each year more than 3.5 million cases of skin cancer are diagnosed in the US, over 90 percent of which are caused by the sun's ultraviolet rays (UVR). Make sure to wear a high SPF sunscreen that protects against UVR rays, and always reapply every few hours.

<https://ncoa.org/age-well-planner/resource/seven-tips-for-aging-well>

