

Cache County Senior Center

November 2022

Photo by Mike Bullock



LET'S CELEBRATE &
**GIVE THANKS
TOGETHER**

Join us for a

HOLIDAY LUNCH

November 16th

12:00pm-1:00pm

Cache County Senior Center

MUST RSVP TO ATTEND
CALL OR RSVP AT FRONT DESK
BY NOVEMBER 10TH BY 3:00 PM

DON'T FORGET YOUR FLU SHOT & NEW COVID BOOSTER SHOT

The Bear River Health Dept. will be at
the Senior Center

**TUESDAY, NOVEMBER 1
10:30AM-1:00PM**

We will be in the cafeteria

**YOU MUST BRING
YOUR INSURANCE
CARD!**

SPONSORED BY THE

Bear River
Health
Department



Activities

Paint with
Peg

HOLIDAY BELLS



Part 1: Nov. 4th at 10:00am
Part 2: Nov. 18th at 10:00am
MUST DO BOTH PARTS
\$2 (+ \$1 if you need a canvas)
You MUST RSVP at the front desk

YOU ARE INVITED TO A

Holiday Sewing
Extravaganza



JOIN US IN MAKING 8 DIFFERENT
HOLIDAY GIFTS

INCLUDING: APRONS, PILLOWCASES,
SPONGES, COASTERS, DISHTOWELS,
AND SO MUCH MORE!

RSVP AT FRONT DESK FOR MORE DETAILS

*SOME MATERIALS PROVIDED

NOVEMBER 3RD AND 4TH

FROM 8:30AM—4:00PM

\$3.00 PER DAY

MUST RSVP

POTLUCK LUNCH BOTH DAYS



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Cache County Senior Center, Logan, UT

A 4C 05-1038

Medicare

Dear Marci,

I have Original Medicare and a Part D plan. I'm considering changing my Part D plan this Medicare Open Enrollment Period. How can I compare Part D plans?

-Mina (Walla Walla, WA)

Dear Mina,

I'm glad to hear you're comparing your Medicare coverage options this fall! Research shows that many people with Part D could lower their costs by shopping among plans each year. There could be another Part D plan in your area that covers the drugs you take with fewer restrictions or with lower costs, so it's great that you are trying to compare plans.

I would recommend using Plan Finder to compare Part D plans. Medicare Plan Finder is an online tool at www.medicare.gov that can be used to compare stand-alone Part D plans or Medicare Advantage Plans. Plan Finder provides information about costs, which drugs are included on the plan's formulary (list of covered drugs), and the star rating of the plan.

To use Plan Finder, follow these steps:

Go to www.medicare.gov and click on the button that says, "Find Plans Now."

You can do a general search on the right side of the page, under the title "Continue without logging in" button. If you wish to save your drugs and pharmacy information, you can log into or create your Medicare account on the left side of the page.

Next, put in your zip code and use the drop-down list to choose whether you are looking for a Medicare Advantage or Part D plan. Make sure you click "Apply" and then click on "Start" to begin your search.

Then you can enter the drugs you take, choose the pharmacies you use, and indicate whether you are interested in a mail order option.

Plan Finder will display results for plans in your area. Note that a plan may not cover all of the drugs you take, but it may have alternatives on its formulary. Speak to your provider about whether these alternatives would be appropriate for you. Plan Finder also tells you if the plan has a deductible and how much the monthly premium is.

Initially, the plans will be sorted by "lowest drug + premium costs." This is the closest estimate to what you may pay out of pocket for your Part D coverage for the year. You can select "Plan Details" to find out more specifics about coverage,

including any coverage restrictions that might apply to your drugs.

Before enrolling, it is a good idea to call the plan directly to confirm any information you read on Plan Finder, as information may not be completely up to date. You can enroll in a plan online, by calling 1-800-MEDICARE, or by calling the plan directly.

Note that this year, there are some additional things that people who take insulin should consider when using the Plan Finder tool. Beginning in 2023, cost-sharing for insulin is capped at \$35 per prescription. However, the Plan Finder tool does not reflect this price change. If you take insulin, do your Plan Finder search without your insulin included in your drug list. This will show you the lowest cost plans for your other medications. Then separately check with a plan to see if your insulin is on the plan's formulary.

You can make as many changes as you want between October 15 and December 7, but only the last change you make will take effect on January 1. If you choose a plan and realize that it is the wrong plan after Fall Open Enrollment is over, in most cases you will not be able to change your coverage until the next Fall Open Enrollment Period. For this reason, it is important to carefully consider all of your options and take the time to research each plan in order to make a decision that fits your health care needs.

Good luck choosing the best Part D plan for your needs!

-Marci



Lunch Series | Tuesday Movies

November Lunch Series

All presentations start at
12:10 in the Cafeteria

- Nov 2: Managing Stress, with Jesse
- Nov 8: Cowboy Poetry, with Dave Harston
- Nov 9: Local Shoshone History and Our Shared Heritage, with Darren Parry
- Nov 10: Caring for a Relative's Children, with Grandfamilies
- Nov 14: Nutrition w/ Jenna, USU Extension, followed by a Cooking Demo at 1:00
- Nov 15: Cache Rock and Gem Club, with Patrick Carroll
- Nov 23: Learn about Turkeys!



NOW SHOWING

Movies every Tuesday at 1pm

Nov 1: The Coal Miner's Daughter (1980, PG)

Nov 8: Gaslight (1962, NR)

Nov 15: Where the Crawdads Sing (2022, PG-13)

Nov 22: The Christmas Card (2006, G)




Nov 29: Enchanted April (1991, PG)

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November 2022

Monday	Tuesday	Wednesday
	<p>1) 10:30-1:00 Flu and Covid-19 Booster Shot Clinic</p> <p>1:00 Movie: <i>The Coal Miner's Daughter</i> (Loretta Lynn; 1980)</p>	<p>2) Stress Awareness Day 11:00 LINE DANCING IS BACK EVERY WEDNESDAY</p> <p>12:10 Lunch & Learn: Managing Stress, with Jesse</p> <p>1:00 Craft (\$1)</p>
<p>7) 9:30 Walk with Ease (4 of 6) 9:30 Mindful Yoga 11:00 Bingo 12:30 Jeopardy</p>	<p>8) Election Day 12:10 Lunch Entertainment: Cowboy Poetry, Dave Harston</p> <p>1:00 Movie: <i>Gaslight</i> (Angela Lansbury; 1962)</p>	<p>9) 12:10 Lunch & Learn: Local Shoshone History and Our Shared Heritage, with Darren Parry</p>
<p>14) 9:30 Walk with Ease (5 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>15) 11:00 Breakfast Club: Thanksgiving Gratitude Tree 12:10 Lunch & Learn: Cache Rock and Gem Club 12:45-3:00 Commodities 1:00 Movie: <i>Where the Crawdads Sing</i> (2022)</p>	<p>16) 12:00 Holiday Lunch</p> 
<p>21) 9:30 Walk with Ease (6 of 6) 11:00 Bingo 12:30 Jeopardy</p>	<p>22) 11:30 Out to Lunch Bunch: Café Sabor</p> <p>1:00 Movie: <i>The Christmas Card</i> (2006)</p>	<p>23) 12:10 Lunch & Learn: About Turkeys! (with Jesse)</p> <p>1:00 Origami (\$1)</p>
<p>28) 9:30 Walking Group 11:00 Lotería Bingo 12:30 Jeopardy</p> 	<p>29) 12:30 Field Trip: Rock Climbing with Common Ground at Elevation Rock Gym (\$9)</p> <p>1:00 Movie: <i>Enchanted April</i> (1991)</p>	<p>30) 2:15 Book Club: <i>The Enchanted April</i></p> 

November 2022

Thursday	Friday
<p>3) 8:30-4:00 Holiday Sewing Extravaganza (\$3)</p> <p>12:45 TED Talk: 10 ways to have a better conversation</p>	<p>4) 8:30-4:00 Holiday Sewing Extravaganza (\$3)</p> <p>10:00 Paint with Peg: Christmas Bells! (\$2; Part 1 of 2)</p> <p>11:00 Blood Pressure</p> <p>1:00 Rose Ceremony</p>
<p>10) 12:10 Lunch & Learn: Caring for a Relative's Children, with Grandfamilies</p> <p>12:45 TED Talk: Play is more than just fun</p> <p>1:00 Wii Bowling</p>	<p>11) Veterans Day Senior Center Closed</p> 
<p>17) 11:00 Cooking Class</p> <p>12:30 Craft & Chit Chat (\$1)</p>	<p>18) 10:00 Poker</p> <p>10:00 Paint with Peg: Christmas Bells! (Part 2 of 2)</p> <p>11:00 Blood Pressure</p>
<p>24)  Senior Center Closed</p>	<p>25)  Senior Center Closed</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

- 9:30 Walking Group
- 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
- 2:30 Clogging

Friday

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

Thankful

By Mandy Cidlick

*No ghosts or goblins and trick-or-treats,
No candy or flowers for your sweets.
No gifts to buy or presents to give,
Just be **THANKFUL** for the life that you live.*

Health and Wellness

One in five Americans will experience some type of mental illness in their lives, yet it remains critically underdiagnosed and undertreated in the baby boomer population. Two-thirds of older adults with mental health problems do not receive the treatment they need.

If mental illness is such a pressing issue in the older population, why do so many boomers remain undiagnosed and untreated? Part of the problem may be some negative stereotypes about aging — the idea that it is “normal” for someone to grow lonelier or more unhappy as they age.

Contrary to these negative stereotypes, feelings of depression or excessive anxiety are not normal parts of aging. They are signs of treatable medical conditions, like diabetes or hypertension.

Circumstances that cause disruption or a feeling of lacking control can also be difficult for those experiencing anxiety or depression. A worldwide pandemic such as the COVID-19 virus can present challenges and require changes that are particularly hard to manage. In addition to the loss of control, economic issues such as financial stress or food insecurity may arise.

Learn ways to identify the symptoms of two of the most common mental health conditions: anxiety and depression, as well as how to use Medicare to get treatment.

Anxiety: Symptoms and Treatment Options

Feelings of excessive nervousness or fear and physical responses to those feelings – such as chest pains, headaches or gastrointestinal problems can be symptoms of anxiety. A study found that between 3% and 14% of older adults meet the criteria for a diagnosable anxiety disorder. An even greater percentage have symptoms of anxiety that may not amount to the diagnosis of a disorder, but still significantly impact functioning.

Common anxiety disorders include panic disorder (characterized by panic attacks, or sudden feelings of terror that strike repeatedly), obsessive-compulsive disorder (suffering from

repetitive unwanted thoughts or rituals), post-traumatic stress disorder (nightmares, depression, and other persistent symptoms after a traumatic event), phobias (extreme fear of something that poses little danger) and generalized anxiety disorder (chronic, exaggerated worry about everyday activities).

When experiencing symptoms of anxiety or any of the above anxiety disorders, it is important to seek medical help immediately. You can start by assessing your own mental health through an online screening. Created by nonprofit Mental Health America, the screening is a free and anonymous way to learn about personal mental health. While this tool is not the same as an official diagnosis, it can be a helpful way to start a conversation with a medical provider or loved one.

Doctors typically treat anxiety through a combination of therapy and medication, but individual treatment plans and needs vary per person.

If you think you may be experiencing symptoms of anxiety take an anxiety screening.

Depression: Symptoms and Treatment Options

Common symptoms of depression include extended periods of sadness, loss of pleasure in everyday activities, poor sleep, quickly losing or gaining weight. Other signs are a loss of energy or the ability to focus on everyday tasks. More than 2 million older adults (65 years and older) suffer from some form of depression. Many people who suffer from anxiety may also experience depression.

Depression not only severely limits quality of life and someone’s ability to take care of themselves, but it can also lead to physical health problems, such as slower recovery from physical illness. Depressed people are also at a greater risk for suicidal thoughts and actions. Some people may be concerned about a stigma with seeking treatment or having a diagnosis, but clinical depression is a common problem facing millions of people that is amplified without proper diagnosis.

Continued on Pg. 9

Health and Wellness

If you or someone you know is experiencing symptoms of depression, it is important to seek the help of mental health professionals. Start by assessing your own mental health through an online screening that focuses on depression symptoms. While this tool is not the same as an official diagnosis, it can be a helpful way to start a conversation with your medical provider or loved ones.

Similar to anxiety, doctors typically treat depression through a combination of therapy and medication.

If you feel that you may be experiencing symptoms of depression take a depression screening.

If you or someone you know is in crisis and would like to talk to a crisis counselor, call the free and confidential National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255).

Getting help with costs: Medicare + Mental Health Treatment

Worrying about health insurance costs should never be a barrier to treatment. Medicare helps cover a wide range of mental health services, including screening for mental illness, lab tests ordered by your doctor, and visits with a doctor, psychiatrist, clinical psychologist, or clinical social worker. Part D helps cover the drugs you may need to treat a mental health condition. To learn more about mental health coverage contact your plan provider.



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November 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Teriyaki Chicken Ramen Noodle Salad Fresh Fruit Fortune Cookie	2 Chicken Alfredo Pasta Italian Veggies Garlic Breadsticks Ambrosia Fruit	3 Hawaiian Haystacks Buttered Peas Pineapple	4 BBQ Bake Chicken Scalloped Potatoes Capri Veggies Apricots
7 Pig in a Blanket Mac & Cheese Steamed Broccoli w/ Cheese Applesauce	8 Pizza Capri Veggies Broccoli Salad Mixed Fruit	9 Meatloaf Mashed Potatoes & Gravy Buttered Peas Peach Crisp	10 Turkey Pumpkin Chili Corn Bread Honey Glazed Carrots Grape-Apple Salad	11 Closed 
14 Chicken Salad Croissant Broccoli Salad Mixed Fruit	15 Pulled Pork Sandwich Baja Corn Pears	16 Roast Turkey Potatoes & Gravy Vegetable Blend Cranberry Salad Pumpkin Pie Bar Dinner Roll	17 Loaded Baked Potatoes Buttered Broccoli Fruit	18 Frito Taco Salad Melon Medley Churro Cookie
21 Turkey Noodle Soup Cut Green Beans Hot Peaches Slice of Bread	22 Swiss Baked Chicken Citrus Couscous Malibu Veggies Spiced Pears	23 Porcupine Meatballs Brown Rice Glazed Carrots Mandarin Apple Salad	24 Closed 	25 Closed
28 Beef Stroganoff Buttered Noodles Cascade Veggies Cantaloupe Cherry Crisp	29 Apple Cider Breaded Pollock Rice Pilaf California Blend Vegetable Seasonal Fruit	30 Sloppy Joes Cucumber Salad Fresh Fruit Chips	<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> <p>***Menu is subject to change***</p>	

Field Trips

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

*iCafe
Sabor!*

Tuesday, November 22nd, 11:30am
RSVP at 435-755-1720



**JOIN US
FOR ROCK
CLIMBING**

**with Common Ground,
at Elevation Rock Gym**

No experience required, all
materials provided

**Tuesday, November
29th, 12:30pm**

RSVP in advance:
435-755-1720

\$7 activity fee | \$2 bus fee

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Recipe

Easy Apple Crisp

Author: Jamielyn Nye

This easy apple crisp has a sweet apple base and is topped with a buttery oatmeal streusel topping that's baked to perfection. So comforting and delicious!

Servings: 4

Ingredients:

2 2/3 cups raw apples, peeled and sliced

1/3 lemon, juiced (about 4 teaspoons)

1/4 cup granulated sugar, could sub for 1/4 cup packed brown sugar

2/3 teaspoons ground cinnamon

Topping:

4 Tablespoons butter, cut into 1 inch pieces

1/2 cups all-purpose flour

1/3 cup old fashioned oats

1/4 cup light brown sugar, packed

1/8 teaspoon ground cinnamon

Optional: 1/2 cup chopped nuts and/or coconut

For serving (optional): Vanilla ice cream, whipped cream, caramel sauce



Instructions:

Pre-heat oven to 350°F. Lay sliced apples in a 9×13" baking pan. Toss with lemon juice. Mix sugar and cinnamon together and then sprinkle over the apples.

In a large bowl, combine the flour and butter with a pastry mixer. Then add in oatmeal, brown sugar and cinnamon. Mix until combined and then crumble over top of the apples.

Bake for 20 minutes. Remove from oven and top with nuts and coconut (if desired). Bake an additional 10 minutes.

Serve warm with vanilla ice cream or whipped cream. Enjoy!

Note: Make sure to slice your apples pretty thin. If they are too thick, they wont be as soft when they bake. Storing: This dessert tastes best served warm on the first day. Store any leftovers in a covered container for 2-3 days. Reheat in the oven or microwave until warm.

Easy Apple Crisp by I Heart Naptime.

Find full recipe notes and reviews here: <https://www.iheartnaptime.net/apple-crisp-dessert/>

Events/Activities

HISTORY AND OUR SHARED HERITAGE



A Lunch & Learn presentation by author, storyteller, educator, and Shoshone tribal leader

DARREN PARRY

Wednesday, November 9th, at noon
Cache County Senior Center, 240 N 100 E in Logan

Breakfast Club

Join us for a thankful activity as we create and decorate our gratitude tree

Tuesday, Nov 15th, 11am



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Five things to do to protect yourself online

Your online accounts, computer, and phone hold a lot of your personal, financial, and health information. Information that's valuable to you — and to scammers who try to steal it. Here are five things to do to keep hackers out of your accounts and your personal business.

1. Lock down your online accounts

Your password is the key to all the personal information in your account. Make it long. Avoid common words. And don't re-use it. If it's available on your accounts, turn on multi-factor authentication for an extra layer of security.

2. Secure your home Wi-Fi network

Your wireless network is the hub that connects your devices. To protect it from hackers

- encrypt it
- change your default passwords
- and keep it up to date

3. Protect your computer and phone

Once your home Wi-Fi network is secure, focus on protecting your devices. If you use a computer to go online, make sure your security software, operating system, and Internet browser are up to date. Turn on automatic updates to keep up with the latest protections. Keep your phone up to date, too.

4. Recognize attempts to steal your personal information

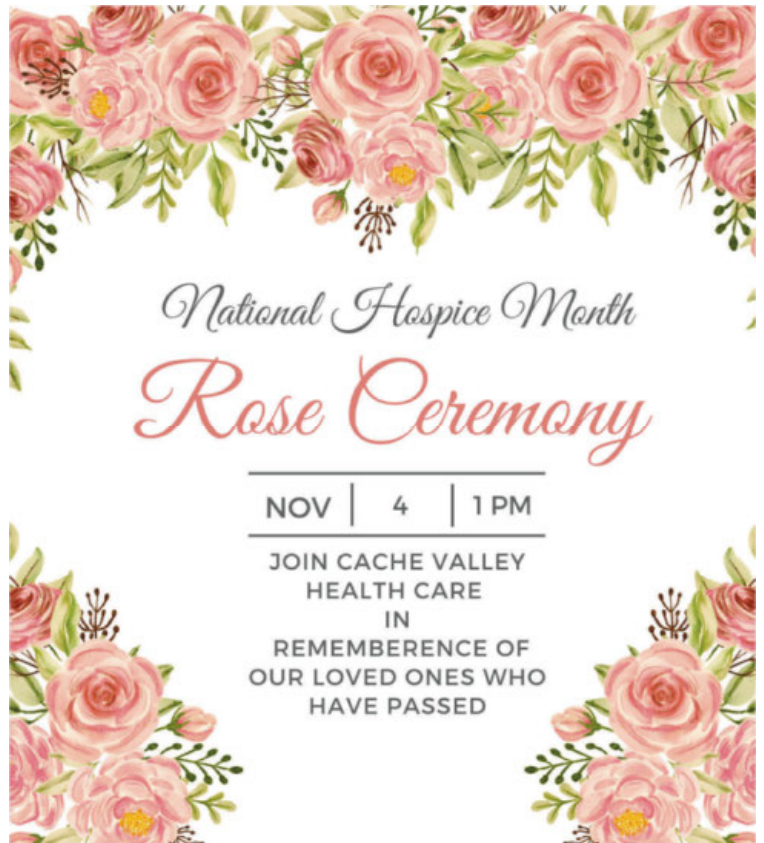
Scammers try to trick you into giving them your personal information. They'll pretend they're with an organization you know well — like Apple or Amazon — and make up a reason they need some info from you. They've also impersonated FedEx, the Postal Service, the Social Security Administration, and the FTC.

If you get a phishing email or text message, report it.



5. Back things up

Back up important information you have on your computer and phone. That way, if something does happen, you can recover your information. Here's how to back up your computer and your phone.



Veterans Day



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