

Cache County Senior Center

January 2023

Photo by Mike Bullock

Happy New Year!

As a team we wish you health, and new blessings to count each day in 2023.

There are a couple new events scheduled at the center that I wanted to make you aware of. All information on these upcoming programs can be found on the activities calendar pg. 6-7.

We are beginning a new series, Aging and the ARTS. I hope you will join us as we begin to explore this new partnership with the Nora Eccles Harrison Museum of Art at USU.

Also, we are happy to announce the return of the AARP safe driving course here in January. Register by calling Kent Haddock 435-890-5901.

Caregiver Academy classes will return in January, if you know of anyone who is a caregiver, this is a 6 week program designed to go over topics such as *compassion fatigue * setting boundaries * coping with difficult behaviors * and much more. The first class will be January 23rd at 2pm.

This month Common Ground is hosting a snow shoeing activity. If you are interested in attending I highly recommend you get your name on the list ASAP as we predict this to be a very popular event with limited seating.

As of January 1, 2023 the non-senior lunch price will be \$10.50. This price is only for persons that are not yet 60. For adults 60+, the suggested price is still a \$3.00 donation per the Area Agency on Aging (AAA).

Commodity distribution is January 17th from 12:45pm to 3:00 pm.

Remember these five simple rules to be happy:

1. Free your heart from hatred
2. Free your mind from worries
3. Live simply
4. Give more
5. Expect less



Chicken Wild Rice Soup

This creamy Chicken Wild Rice Soup is thick, flavorful, and easy to make. Full of vegetables and tender chicken, its savory warmth is delicious.

Ingredients

- 1/4 cup olive oil
- 1 pound boneless skinless chicken thighs chopped
- 1 yellow onion finely chopped
- 3 medium carrots diced
- 2 stalks celery diced
- 3 cloves garlic minced
- 8 oz baby Bella mushrooms sliced
- 3/4 cup wild rice blend any brand works
- 1/4 cup all-purpose flour
- 10 cups chicken broth
- 2 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon dried thyme leaves
- 1/2 teaspoon dried oregano
- 1 cup heavy cream



Instructions

Start off by adding 1/4 cup of olive oil to a large pot and bring the heat to medium-high.

Then add 1 pound of chopped chicken thighs. Cook until the chicken is fully cooked through.

Add 1 finely chopped yellow onion, 3 medium diced carrots, 2 diced celery stalks, and 3 minced garlic cloves. Sauté until the onion becomes translucent.

Then add in 8 oz of sliced baby Bella mushrooms and stir them for about 3-4 minutes until they become tender.

Add in 3/4 cup of any wild rice blend. Then add 1/4 cup all-purpose flour. Stir for about 1 minute.

Now pour in 10 cups of chicken broth and let the rice simmer over medium heat for about 40 minutes or until fully cooked through.

Season with 1 teaspoon salt, 1/4 teaspoon black pepper, 1/2 teaspoon dried thyme leaves, and 1/2 teaspoon dried oregano.

Pour in 1 cup of heavy cream and let the soup come to a simmer one last time.

<https://simplyhomecooked.com/creamy-chicken-and-wild-rice-soup/>

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 a Qualified Health Plan (QHP) from my state's health insurance Marketplace. I'm turning 65 soon, though. Should I enroll in Medicare if I have Marketplace coverage?

-Tina (Cortland, NY)

Dear Tina,

If you have a Qualified Health Plan (QHP), deciding what to do as you approach Medicare eligibility depends on your circumstances. In most cases, you should enroll in Medicare and disenroll from your QHP, but there are two exceptions:

You have End-Stage Renal Disease (ESRD).

- If you have kidney disease that requires dialysis or transplant and are eligible for Medicare, you have the choice to enroll in or stay enrolled in a QHP with cost assistance (tax credits).
- Be sure to consider how the QHP's coverage and costs compare to Medicare before deciding to delay Medicare enrollment.

For counseling regarding your insurance options, contact your State Health Insurance Assistance Program (SHIP).

You do not qualify for premium-free Medicare Part A.

- If you are eligible for Medicare but would have to pay a premium for Part A, you can keep your QHP with cost assistance as long as you do not enroll in any part of Medicare.

You should consider all consequences carefully before deciding to keep a QHP instead of Medicare. If you ever decide to enroll in Medicare, you may have to wait for the General Enrollment Period (GEP) to sign up. Using the GEP to enroll means you may experience gaps in coverage and incur a late enrollment penalty (LEP).

If you qualify for premium-free Part A, you should not continue using the Marketplace to get health and drug coverage. Enroll in Medicare when you are first eligible and disenroll from your QHP in a timely manner to avoid paying extra premiums.

Here are additional notes to remember when considering whether to enroll in Medicare if you have a QHP from the Marketplace:

- You are ineligible for cost assistance (tax credits) to help pay for your QHP premium once you are eligible for premium-free Part A.
- It is likely not cost-effective to have both Medicare and a QHP.
- There is no guarantee that a QHP will pay for your care if you have or are eligible for Medicare Part B, meaning you may have little or no coverage.
- You may experience gaps in coverage and late enrollment penalties when attempting to enroll in Medicare late.

I hope this helps you with your decision to enroll in Medicare or not.

-Marci



Lunch Series | Tuesday Movies

January Lunch Series

Unless otherwise specified,
presentations start at
12:10 in the Cafeteria



- Jan 3: Lunch & Learn: Polar Bears
- Jan 4: Lunchtime Trivia
- Jan 13: Lunch & Learn: Wikipedia
- Jan 17: Lunch & Learn: Benjamin Franklin
- Jan 18: Lunch & Learn: Spence's Pharmacy
- Jan 27: Lunch Music: John Waldron, Harmonica



NOW SHOWING



Movies every Tuesday at 1pm

Jan 3: Persuasion
(2022, PG, 1h 49m)

Jan 10: Oliver!
(1968, G, 2h 33m)

Jan 17: 9 to 5
(1980, PG, 1h 40m)

Jan 24: Mamma Mia
(2008, PG-13, 1h 48m)








Jan 31: Weird: The Al Yankovic Story
(2022, TV-14, 1h 48m)

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January 2023

Monday	Tuesday	Wednesday
<p>2</p>  <p>Center Closed in Observance</p>	<p>3</p> <p>12:10 Lunch & Learn: Polar Bears</p> <p>1:00 Movie: <i>Persuasion</i> (2022)</p>	<p>4 <i>National Trivia Day</i></p> <p>12:10 Lunchtime Trivia</p> <p>2:15 Book Club: <i>Winter Solstice</i></p> 
<p>9</p> <p>10:00 Music Bingo: Elvis!</p> <p>12-4 AARP Safe Driving</p> <p>12:30 Jeopardy</p> 	<p>10</p> <p>11:00 Breakfast Club: Personal Values and Goal Setting!</p> <p>1:00 Movie: <i>Oliver!</i> (1968)</p>	<p>11</p> <p>1:00 Craft (\$3)</p>
<p>16</p> 	<p>17 Benjamin Franklin Day</p> <p>12:10 Lunch & Learn: Benjamin Franklin</p> <p>12:45-3:00 Commodities</p> <p>1:00 Movie: <i>9 to 5</i> (1980)</p>	<p>18</p> <p>12:10 Lunch & Learn: Spence's Pharmacy</p> <p>1:00 Wii Bowling</p> 
<p>23</p> <p>10:00 Bingo: Lunar New Year</p> <p>12:30 Jeopardy</p> <p>2:00 Caregiver Academy (1 of 6)</p> 	<p>24</p> <p>10:00 Pool Tournament</p> <p>10:30 Field Trip: Snowshoeing at Beaver with Common Ground (\$7)</p> <p>1:00 Movie: <i>Mamma Mia</i> (2008)</p>	<p>25</p> <p>1:00 Origami (\$2)</p> <p>2:15 Book Club: <i>Barefoot Heart: Stories of a Migrant Child</i></p> 
<p>30</p> <p>10:00 Bingo</p> <p>12:30 Jeopardy</p> <p>2:00 Caregiver Academy (2 of 6)</p>	<p>31</p> <p>11:00 Puzzle Races</p> <p>1:00 Movie: <i>Weird: The Al Yankovic Story</i> (2022)</p>	

January 2023

Thursday	Friday
5 8:30 Ceramics 10:00 Sewing: Table Runner of the Month (\$3) 11:15 Card-making w/ Brenda 12:45 TED Talk: <i>Ken Jennings from Jeopardy</i>	6 10:00 Sewing: Table Runner of the Month (\$3) 11:00 Blood Pressure 1:00 Technology Assistance
12 NO Ceramics Today 10:30 Creative Aging (1 of 7) 11:30 Out to Lunch Bunch: Formosa Restaurant 12:45 TED Talk: <i>MLK's "I have a dream" speech</i>	13 10:00 Open Sewing 11:00 Music-making with Boomwhackers 12:10 Lunch & Learn: Wikipedia 1:00 Technology Assistance
19 NO Ceramics Today 10:30 Creative Aging (2 of 7) 11:00 Cooking Class: New Years Traditions (\$2) Must sign up 12:45 TED Talk: <i>Change your mindset, change the game</i>	20 10:00 Sewing: Project of the Month (\$3) 11:00 Blood Pressure 1:00 Technology Assistance
26 NO Ceramics Today 10:00 Poker 10:30 Creative Aging (3 of 7) 12:30 Craft & Chit Chat (\$3)	27 10:00 Open Sewing 12:10 Lunch Music: John Waldron, Harmonica 1:00 Technology Assistance



**"Darkness cannot drive out darkness;
 Only light can do that. Hate cannot drive out hate;
 Only love can do that."**

-Dr. Martin Luther King

Daily Activities

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

Monday

11:00 Bingo
12:30 Jeopardy
1:00 Tai Chi

Tuesday

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

Wednesday

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

Thursday

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

Friday

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

Medicare (Spanish)

¿Qué es una Explicación de Beneficios (EOB, por sus siglas en inglés) y por qué es importante revisarla para detectar posibles fraudes, errores o abusos?

Una Explicación de Beneficios (EOB, por sus siglas en inglés) es el estado de cuenta que su Plan Medicare Advantage o su plan de medicamentos recetados de la Parte D generalmente le envía después de que usted recibe servicios o artículos médicos. Usted solo recibe una EOB si tiene un Plan Medicare Advantage o plan de la Parte D. Es importante recordar que una EOB no es una factura.

Las EOB generalmente se envían una vez al mes. Algunos planes le dan la opción de acceder a su EOB en línea. Su EOB es una explicación de los servicios y artículos que usted ha recibido y cuánto puede tener que pagar por ellos. Le indica la cantidad que su proveedor facturó, la cantidad aprobada que su plan pagará y cuánto puede deberle usted al proveedor. Si mantiene un registro de las consultas médicas, las pruebas y los recibos de los servicios y el equipo recibido con su "Mi Rastreador de Atención de Salud" de la SMP, puede comparar sus estados de cuenta con lo que registró en su rastreador.

Es importante que lea su EOB tan pronto como la reciba para verificar que usted realmente recibió todos los medicamentos y servicios mencionados. Si no se corrigen los posibles errores, si tiene preguntas adicionales o si necesita un "Mi Rastreador de Atención de Salud", contacte a su Patrulla de Medicare para Adultos Mayores (SMP, por sus siglas en inglés). El programa de la SMP habilita y ayuda a los beneficiarios de Medicare, a sus familias y a los cuidadores a prevenir, detectar y reportar fraudes, errores y abusos relacionados con la atención de salud.

¿A quién puedo llamar si tengo alguna pregunta?

Programa Estatal de Asistencia sobre Seguro Médico (SHIP, por sus siglas en inglés): contacte a su SHIP si tiene preguntas sobre cómo elegir un plan de la Parte D o Plan Medicare Advantage. Los asesores del SHIP también pueden ayudarle a usar el buscador de planes para revisar sus opciones y elegir un plan que se adapte a sus necesidades. La información de contacto de su SHIP local se encuentra en la última página de este documento.

Patrulla de Medicare para Adultos Mayores (SMP, por sus siglas en inglés): comuníquese con su SMP si detecta cargos sospechosos en su EOB o si cree que está experimentando un posible fraude, abuso o error contra Medicare. La información de contacto de su SMP local se encuentra en la última página de este documento.

Medicare: Contacte a Medicare al 1-800-MEDICARE quiere cambiar su plan de la Parte D o Plan Medicare Advantage. También puede llamar a Medicare para que le ayuden a encontrar planes en su área o puede visitar www.medicare.gov/plan-compare para usar la herramienta de búsqueda de planes.



Events & Activities



FIELD TRIP: SNOWSHOEING with Common Ground, at Beaver

Tuesday, January 24th, 10:30am

No experience required.
Equipment and lunch provided.

Cost: \$5 activity fee + \$2 bus fee +
your usual lunch donation

RSVP in advance: 435-755-1720

Out to Lunch Bunch is visiting...



Formosa Chinese Restaurant
in Logan

Thursday, Jan 12th

Leaving the center at 11:30am

\$1 bus fee | RSVP at 435-755-1720

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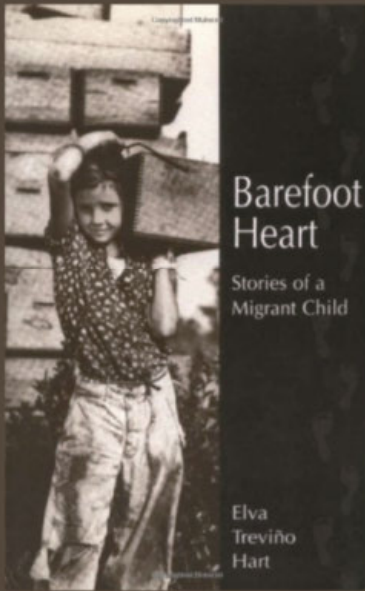


January 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2 	3 Garden Cheese Omelet Hash Browns Sliced Oranges V8	4 Roast Beef Scalloped Potatoes Carrots Spiced Applesauce 	5 Tortellini Soup Ham Sandwich Crudit�e Peaches	6 Salisbury Steak Mashed Potatoes & Gravy Sun-Shine Carrots Pears
9 Beef Pot Pie Green Beans 5-Cup Fruit Salad Wheat Roll 	10 Pizza Italian Vegetables Mixed Fruit Bread Stick	11 Chicken & Broccoli Casserole Glazed Brussel Sprouts Melon	12 Tomato Beefy Mac Soup Grilled Cheese Roasted Zucchini Grapes 	13 Orange Chicken Fried Rice Oriental Veggies Egg Roll Melon Cup Fortune Cookie
16 	17 Beef Stroganoff Buttered Noodles Capri Veggies Pears	18 Sandwich Tater Tots Peas & Carrots Fresh Fruit Cookie 	19 Tilapia Wild Rice Roasted Fresh Vegetable Mix Fresh Fruit	20 Loaded Baked Potato Buttered Peas Grape Salad
23 Tuna Croissant Sandwich Broccoli Salad Grapes Chips	24 Chicken Cordon Bleu Casserole Peas & Carrots Sliced Oranges	25 Turkey Burger Fresh Vegetable Salad Mixed Fruit Chips	26 Lasagna Italian Vegetables Spiced Pears Garlic Bread 	27 Chicken Tenders Macaroni & Cheese Carrot & Raisin Salad Sliced Apples
30 Lemon Pepper Cod Rice Pilaf Peas & Carrots Mixed Fruit Wheat Roll	<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.</p> <p>The full cost of the meal is \$10.50 for those under age 60. Please pay at the front desk to receive your meal.</p>			

Events & Activities

Join our book club as we read:



Wednesday, Jan 25th @ 2:15 pm

Sewing

10am Fridays in January

Jan 5 & 6: Table Runner of the Month (\$3)

Jan 13: Open sewing

Jan 20: Project of the Month (\$3)

Jan 27: Open Sewing



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Affordable Internet

The Affordable Connectivity Program Can Help SSI Recipients Get Internet Access

By Alejandro Roark, Consumer and Governmental Affairs Bureau Chief, Federal Communications Commission

Internet access is now necessary for work, school, healthcare, and more. However, for many households, it remains unaffordable. The Federal Communications Commission wants everyone to access reasonably priced internet services. We recently launched a new program to reduce the cost of getting online.

The Affordable Connectivity Program (ACP) provides a discount of up to:

- \$30 per month toward internet service for eligible households.
- \$75 per month for households on qualifying Tribal lands.

Eligible households can also receive a one-time discount of up to \$100 toward purchasing a laptop, desktop computer, or tablet from participating providers.

Any household with an individual who receives Supplemental Security Income (SSI) is eligible to receive discounted internet service through the ACP. Social Security doesn't count ACP assistance as income or a resource for SSI purposes. Receipt of this assistance will not affect your SSI payment. You may also be eligible, if your household participates in other assistance programs, such as:

- Supplemental Nutrition Assistance Program (SNAP).
- Medicaid.
- Federal Public Housing Assistance.
- Special Supplemental Nutrition Program for Women, Infants, and Children (WIC).
- Lifeline.

If you don't receive SSI or participate in another qualifying assistance program, you may also be eligible if your household income is at or below 200% of the Federal Poverty Guidelines.

There are additional ways to qualify. Go to our Affordable Connectivity Program page to learn more and apply. If you have questions, you'll find a consumer FAQ that can help, along with a

list of participating internet service providers sorted by state.

Cost shouldn't be a barrier to getting online. Being connected can help you find job opportunities and access telehealth services, saving you time and transportation costs. And with affordable internet services, students no longer need to rely on public Wi-Fi hotspots to do their homework or for distance learning.

As of February 2022, more than 10 million households have already enrolled in the ACP program. That's an exciting threshold, but we know many more eligible households that are not yet enrolled. Please help us spread the word about ACP with your families, friends, neighbors, and co-workers.

For more information about the program, please email ACPinfo@fcc.gov or call 877-384-2575.

The ACP helps close the digital divide.



Caregiver Support

How can I find support as a caregiver?

Taking care of another person can be very stressful. It's important to also take care of yourself. Your own mental health is important for its own sake—and being mentally healthy will also make you a better caregiver! There are many ways to take care of yourself, including taking time to do things you enjoy and making sure you get a break from caregiving every now and then. Another important way to get help is to find support. This can come from many places:

- Friends and family who can help you with caregiving duties, or who can simply provide you with emotional support.
- A therapist or someone similar you can confide in about your own feelings.
- Support groups for caregivers. These are often made up of other caregivers, who meet together in person or online to talk about their experiences. These groups are great places to find emotional support, but also helpful advice.
- Formal supports, such as educational or government

agencies that provide information and support to caregivers or to the people they take care of.

General caregiving resources

- CaregiverAction.org: Education, peer support, and resources for family caregivers.
- ChoicesInRecovery.com: Support and information for people with schizophrenia, schizoaffective, and bipolar disorder and their caregivers, including resources for having conversations with treatment professionals.
- MoreThanMyDiagnosis.com: Stories and advice from people who either live with mental health issues or care for someone who does.

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New Art Class

Great news! We have a new partnership with Creative Aging and will be hosting a 7-week art class starting January 12th. The price for registration is \$15.00 and you must commit to attending all 7 classes. This is a Ceramic Hand Building class. You will learn techniques and complete your own project to be displayed at a reception at USU! The class will be at 10:30 every Thursday, starting January 12th.



The poster features a light blue and white background with abstract shapes. On the left, there is a simple line drawing of a person's face in profile. In the center, the text 'Join us!' is written in a cursive font, followed by 'CREATIVE AGING' in large, bold, black letters, and 'Visual Art Classes' in a smaller, italicized font below it. To the right, there is a red and blue graphic of a paintbrush with a red swirl above it. Below this graphic, the text 'Held on Thursdays in January and February 2023' is written in white. The bottom half of the poster has a dark blue background with white text. On the left, it says 'To register, please call the Cache County Senior Citizen Center' followed by the phone number '435-755-1720' and '\$15 Registration Fee'. On the right, there is a circular photograph of an older man wearing glasses and a white face mask, focused on working with his hands. Below the photo, it says 'Photography by Maria Ellen Huebner'.

Join us!

CREATIVE AGING

Visual Art Classes

Held on Thursdays in January and February 2023

Discover your creative talents in an art-making class designed for older adults! Participants learn through a series of seven art classes held once a week at the Cache County Senior Citizen Center. All skill levels and abilities are welcome!

The class will culminate in a celebratory event held at the Nora Eccles Harrison Museum of Art on the Utah State University Campus.

To register, please call the

Cache County Senior Citizen Center

435-755-1720

\$15
Registration Fee

Photography by Maria Ellen Huebner



In conjunction with:



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New Classes

CAREGIVER ACADEMY

Free 6 week workshop starting
Monday, January 23rd at 2pm

Topics include:

- Finding Caregiver Resources (1/23)
- Building Caregiver Resilience (1/30)
- Setting Good Boundaries (2/6)
- Involving Family (2/13)
- Coping with Difficult Behaviors (2/27)
- In-home and Facility Based Care Choices (3/6)

PLEASE CALL 435-755-1720 TO REGISTER
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