

Cache County Senior Center

February 2023

Photo by Mike Bullock



*People come and people go,
In and out of your life and so,
When one shines bright among the rest,
And is there when needed, you're truly blessed.
That is how I see you, friend of mine,
And why I'm sending this Valentine.*

Happy Valentine's Day friends! What an incredible year we have had. With our out to lunch bunch, activities and field trips we increased in participation last year. I love meeting all of you! Welcome all new friends. A new year also brings new changes. This New Year our dear Jaycee has decided to step away from working to devote her time to her precious children and family. We as a team are going to miss her dearly, however we welcome the new staff member and are excited to learn and grow along with them.

Due to inflation, the suggested donation for all those participating in congregate/noon lunches and Meals on Wheels will be increasing from \$3.00 to \$3.75. This price is set by the Agency Area on Aging (AAA). The last time the AAA increased this suggested donation was in 2016. Food and fuel prices have really been felt by all, including the Cache County Senior Center. The actual cost per plate is now an average of \$10.50. Thankfully for the Older Americans Act, our partnership with BRAG and continued support from Cache County, your suggested donation is less than the actual cost. Our mission is to enrich the lives of older adults and assist them in maintaining independence by providing nutritious food, human connection, and social support. Please note, if donating at \$3.75 is a burden, always know that you can donate what you can.

We look forward to meeting and making new friends with you here at the Senior Center in 2023!



Giselle Madrid, Senior Center Director

Recipe

CREAMY TORTELLINI SOUP

My favorite cozy weeknight soup made in just 30 min! It's so stinking easy too. Loaded with tender tortellini, sausage and kale!

INGREDIENTS

1 tablespoon olive oil
1 pound Italian sausage, casing removed
3 cloves garlic, minced
1 medium sweet onion, diced
2 teaspoons Italian seasoning
Kosher salt and freshly ground black pepper, to taste
2 tablespoons all-purpose flour
4 cups chicken stock
1 (8-ounce) can tomato sauce
1 (9-ounce) package refrigerated three cheese tortellini
1/2 bunch kale, stems removed and leaves chopped
1/3 cup heavy cream
3 tablespoons chopped fresh basil



INSTRUCTIONS

Heat olive oil in a large stockpot or Dutch oven over medium heat. Add Italian sausage and cook until browned, about 3-5 minutes, making sure to crumble the sausage as it cooks; drain excess fat.

Stir in garlic, onion and Italian seasoning. Cook, stirring frequently, until onions have become translucent, about 2-3 minutes; season with salt and pepper, to taste.

Whisk in flour until lightly browned, about 1 minute.

Gradually whisk in chicken stock and tomato sauce. Bring to a boil; reduce heat and simmer, stirring occasionally, until reduced and slightly thickened, about 10 minutes.

Stir in tortellini; cover and cook until tender, about 5-7 minutes.

Stir in kale until wilted, about 1-2 minutes. Stir in heavy cream and basil until heated through, about 1 minute; season with salt and pepper, to taste.

Serve immediately.

**Commodities
Pick up Feb 21st
12:45pm-3pm**

**February 20: Senior Center closed:
Presidents' Day**

**Are you a Caregiver or know of
someone that is a caregiver?
Please join us for a 6 week class to
learn some great skills!
Call 435-755-1720 to reserve your
spot!**

**Feb. 20th Center will be
Closed for Holiday**



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.

ROCKY MOUNTAIN
Dermatology
MEDICAL • SURGICAL • COSMETIC

*Northern Utah's Premier
Skin Care Provider.*

Come See Our New Mohs Surgery Center.



1760 N. 200 E. Suite 101
North Logan
435-787-0560

www.rmdmed.com



LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Bill Clough

wclough@lpicommunities.com

(800) 950-9952 x2635

SUPPORT OUR ADVERTISERS!



How are drug costs changing in 2023?



I think my Part D premium is going up in 2023, which I expected. But I've also heard that everyone with Medicare might be saving money on drug costs because of recent legislation. How are drug costs changing in 2023?

-Jean-Claude (New York, NY)

Dear Jean-Claude,

It's true that most people will experience some kind of change to their Part D costs each year. Part D plans can change the drugs they cover, their pharmacy networks, and their costs (such as premiums, copayments, coinsurance charges, and deductibles) from year to year. If you have Medicare prescription drug coverage, often referred to as Part D, your plan should have notified you about any changes in costs for 2023.

This year there are additional changes in Part D costs more generally due to the Inflation Reduction Act (IRA), which is likely the legislation you heard about. While some changes created by the IRA take effect in future years, the following changes take effect in 2023:

Insulin will be more affordable. The IRA limits copayments to \$35 per month for Part-D covered products and for insulin furnished under B, with no deductible for insulin products on your plan's formulary. Currently, over 3 million Part D enrollees use insulin, and one in three people with Part D plans have diabetes. On average, in 2020, they paid \$600 out-of-pocket for insulin. But some had considerably higher costs—25% spent over \$800 and 10% spent over \$1,300.

Because this change went into effect so quickly, the information about these lower costs was not always included in the Medicare Plan Finder tool during Fall Open Enrollment. This may have led some people to enroll in a plan that does not meet their needs. If you discover that you are not in the right plan, you may be able to change plans. Contact 1-800-MEDICARE (1-800-633-4227), your State Health Insurance Assistance Program (SHIP), or the Medicare Rights Center if you think this applies to you.

People with Medicare will be able to receive critical vaccines free of charge. The IRA eliminates cost-

sharing and deductibles for Part D vaccines that are recommended by the Advisory Committee on Immunization Practices (ACIP), such as the shingles vaccine. This policy already applies to Medicare Part B and most private plans. Its expansion will save you costs and improve your access to necessary preventive care.

This will help the approximately 4 million Medicare beneficiaries who receive a Part D-covered vaccine each year—including the 3.6 million who received the shingles vaccine in 2020, at an average cost of over \$100. However, it will also reach millions more. Research shows Part D immunization rates are well below those for Part B, likely due to cost-sharing. The additional expense is a well established barrier to beneficiary receipt of recommended vaccines.

-Marci

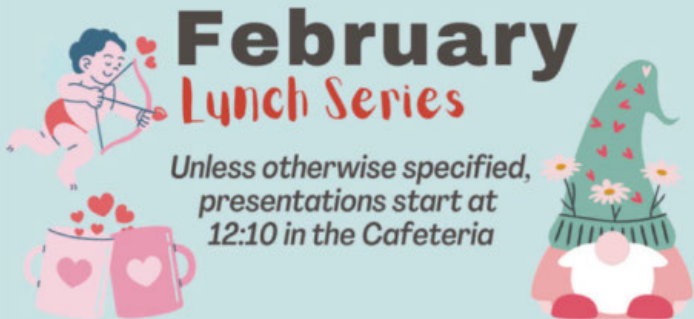


Health Tip

For many people, the start of the new year is a time to reflect on what we've learned and set new goals as we look ahead. You might evaluate your physical and mental health and think of the changes you want to see in the coming year. Making big changes can be tough, though, and habits can be challenging to break. As you think of what you would like to accomplish in 2023, Mayo Clinic Health System reminds us that S.M.A.R.T. goals can help set us up for success:

- **Specific:** Eating healthier sounds like a good goal, but what does it really mean? Aim for specific goals instead, like eating three servings of vegetables a day.
- **Measurable:** Make your goal one you can measure. Sleeping at least 8 hours a night is a goal you can track. A goal of sleeping more is not so easy to track.
- **Attainable:** Avoid aiming too high or too low.
- **Realistic:** Choosing realistic goals that you can meet will reinforce your efforts and motivate you to keep going.
- **Trackable:** Choosing specific, measurable goals means you can track your progress over time. Write your efforts down or track them electronically so you can see how far you've come!

Lunch Series | Tuesday Movies



February Lunch Series

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

- Feb 1: Lunch & Learn: Passwords & Online Security
- Feb 2: Lunch & Learn: Groundhogs!
- Feb 7: Lunch Music by Marly (Folk/Country/Gospel)
- Feb 8: Lunch & Learn - The Iditarod, Patrick Kelly/Stokes Nature Center
- Feb 13: Lunch & Learn: Nutrition w/ Jenna/USU Extension, followed by a Cooking Demo at 1:00



NOW

SHOWING

Movies every Tuesday at 1pm

Feb 7: Rosaline
(2022, PG-13, 1h 36m)



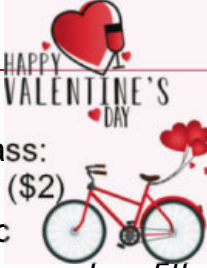

Feb 14: It Happened on 5th Avenue
(1947, Not Rated, 1h 56m)

Feb 21: Glass Onion
(2022, PG-13, 2h 19m)

Feb 28: Black Panther: Wakanda
Forever (2022, PG-13, 2h 41m)

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

February 2023

Monday	Tuesday	Wednesday
		<p>1 <i>Change your Password Day</i> 12:10 Lunch & Learn: Passwords and Online Security</p>
<p>6 11:00 Bingo 2:00 Caregiver Academy (3 of 6)</p> 	<p>7 12:10 Lunch Music by Marly (Folk/Country/Gospel) 1:00 Movie: <i>Rosaline</i> (2022)</p>	<p>8 12:10 Lunch & Learn: The Iditarod, Stokes Nature Center</p>
<p>13 11:00 Music Bingo: Love Songs 12:00 AARP Safe Driving 12:10 L&L: Nutrition with Jenna 1:00 Cooking Demo with Jenna 2:00 Caregiver Academy (4 of 6)</p>	<p>14 11:00 Cooking Class: Valentine's Treats (\$2) 12:10 Lunch Music 1:00 Movie: <i>It Happened on 5th Avenue</i> (1947)</p> 	<p>15 12:10 L&L Caption Call 12:45 Field Trip: Archery with Common Ground (\$5)</p>
<p>20</p> 	<p>21 11:00 Craft w/Jesse (\$3) 12:45-3:00 Commodities 1:00 Movie: <i>Glass Onion</i> (2022)</p>	<p>22 12:10 Lunch & Learn: Hearing Loss: Sue Ordonez 1:00 Origami (\$2) 2:15 Book Club</p>
<p>27 11:00 Bingo 2:00 Caregiver Academy (5 of 6)</p>	<p>28 11:00 Breakfast Club: Creative Art 1:00 Movie: <i>Black Panther: Wakanda Forever</i> (2022)</p>	

February 2023

Thursday	Friday
<p>2 <i>Groundhog Day</i> 10:00 Sewing: Table Runner of the Month (\$3) 10:30 Creative Aging (4 of 7) 11:15 Card-making w/ Brenda 12:10 L&L: Groundhogs 12:45 TED Talk: <i>4 Q's you should always ask your doctor</i></p>	<p>3 <i>Feed the Birds Day</i> 10:00 Sewing: Table Runner of the Month (\$3) 11:00 Craft: Pine Cone Bird Feeders (\$3) 11:00 Blood Pressure 1:00 Technology Assistance</p>
<p>9 10:30 Creative Aging (5 of 7) 11:30: Out to Lunch Bunch: Sabores (\$1 Bus fee)</p>	<p>10 10:00 Open Sewing (\$3) 11:00 Music-making with Boomwhackers 1:00 Technology Assistance</p>
<p>16 10:30 Creative Aging (6 of 7) 12:45 TED Talk: <i>The simple power of hand-washing</i> 1:00 Poker</p>	<p>17 10:00 Sewing: Project of the Month (\$3) 11:00 Blood Pressure 1:00 Technology Assistance</p>
<p>23 10:30 Creative Aging (7 of 7) 12:30 Craft & Chit Chat (\$3)</p>	<p>24 10:00 Open Sewing (\$3) 11:00 Wii Bowling 1:00 Technology Assistance</p>



Presidents' Day

Lincoln and Washington, they are remembered on Presidents' Day.

Two men in history who gave us liberty.
 Honor their memories on this great day!



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 Creative Writing
12:30 Mahjong
1:00 Movie

Wednesday

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



6 Ways to Eat as You Get Older

Jackie Thomas
Senior Content Strategist at NCOA:

Nutrition is important at all ages, but especially as we grow older. The U.S. Departments of Agriculture (USDA) and Health and Human Services released updated guidelines last year, focusing on nutrition for healthy living at every stage—from infancy through older adulthood, or adults age 60 and older.

6 tips to help you eat well and improve your nutrition as you get older:

1. Know what a healthy plate looks like. Good nutrition can help older adults feel their best and stay strong. Include more fruit, vegetables, whole grains, and dairy in your diet. Another tip that's incredibly important, especially for your health, according to a Jan. 4 LinkedIn comment from the **Central Massachusetts Agency on Aging, Inc.**, "**making small, but consistent changes.**"

2. Look for important nutrients in the foods you eat. Where possible, limit your consumption of added sugars, saturated fat, and sodium. Flavoring foods with herbs and spices can help you lower your intake of sugars, salt, and saturated fats.

3. Read nutrition labels to be a smart shopper. The U.S. Food and Drug Administration (FDA) has a tool to help you make informed food choices that can have positive effects on your health and wellness. According to the FDA, too much or too little nutrients could increase your risk of certain chronic diseases, such as

heart disease and high blood pressure. Meal delivery services can handle a lot of the work for you, and may be helpful for older adults looking for pre-portioned, balanced meals that are easy to make and delivered directly to their doorsteps.

4. Use recommended servings (and pay close attention to calories when you can). In general, women age 60+ need about 1,600-2,200 calories per day, while men require about 2,000-2,600 calories per day. Your calorie intake may depend, varying on your age, sex, height, weight, and physical activity level. The USDA's MyPlate Plan shows your food group targets, along with what and how much to eat within your calorie allowance.

5. Stay hydrated. Adults 60 and older are at greater risk for dehydration for a number of reasons, including natural drops in thirst levels and body composition changes. Drinking plenty of water is a simple yet vital part of maintaining good health, especially as we get older. Other good beverage choices include unsweetened fruit or low sodium vegetable juice, low-fat (or fat-free) milk, or fortified soy beverages. Fluids can also be obtained from foods containing water, such as soup and fruits and vegetables.

6. Discover how the Supplemental Nutrition Assistance Program (SNAP) can help stretch your food budget. Recent updates to the SNAP program mean that a healthier diet may be in better reach for you. See what foods qualify for purchase under the plan. And if getting to the grocery store is difficult, most of the grocery delivery services are covered by SNAP, though the delivery fees may not be.

Field Trips



JOIN US FOR ARCHERY



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

No experience required,
all materials provided

Wednesday, February 15th, 12:45pm

RSVP in advance: 435-755-1720

\$3 activity fee | \$2 bus fee

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter
emailed to you every week.



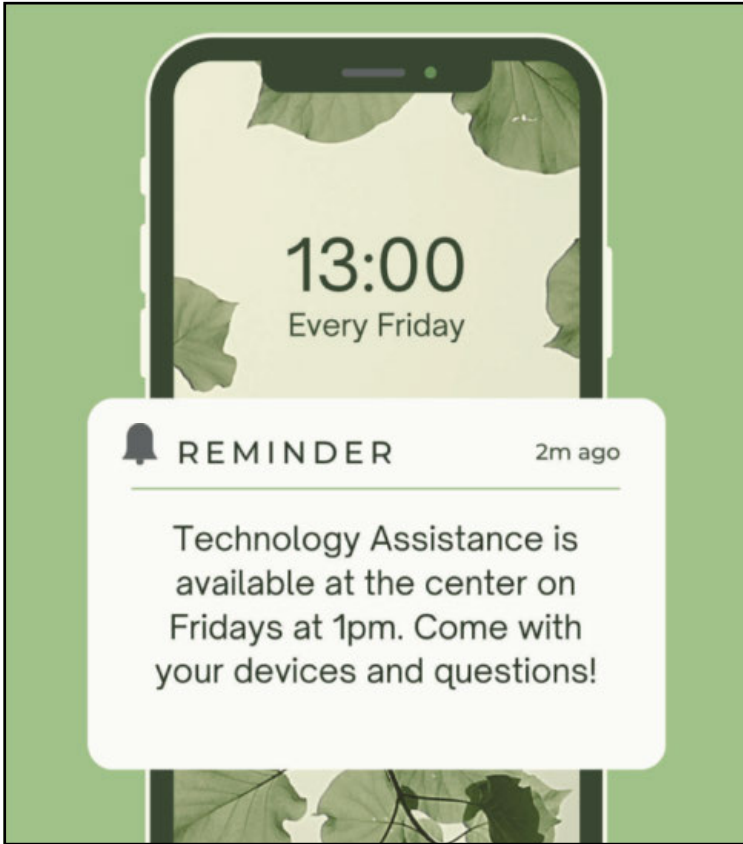
VISIT WWW.MYCOMMUNITYONLINE.COM



February 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu is subject to change</p>	<p>31 Roasted Chicken Thigh Mashed Potatoes w/ Gravy Peas & Carrots Fresh Fruit Whole Wheat Roll</p>	<p>1 Hawaiian Haystacks Buttered Peas Pineapple & Mandarin Oranges</p>	<p>2 Chicken Alfredo Italian Veggies Ambrosia Fruit Salad Breadstick</p>	<p>3 Sloppy Joes Carrot Raisin Salad Fruit Salad Potato Chips</p>
	<p>6 Pinto Bean & Ham Soup 1/2 Egg Salad Sandwich Crudites Pears</p>	<p>7 Shredded Chicken Tacos Southwest Corn Fresh Fruit Churro</p>	<p>8 Pork Chop Mashed Potatoes Mushroom Gravy Cut Green Beans Peaches</p>	<p>9 Chicken Pita Sandwich Green Salad Fresh Fruit</p>
<p>13 Chicken Fajitas Spanish Rice Cucumber-Tomato Salad Sliced Oranges</p>	<p>14 Salmon Wild Rice Asparagus Grape Salad</p>	<p>15 Chef's Choice</p>	<p>16 Ground Beef Taco Spanish Red Rice Black Beans Pineapple Fluff</p>	<p>17 Butternut Squash Soup Croissant Turkey Sandwich Peaches</p>
<p>20</p> 	<p>21 Pot Roast Casserole Buttered Peas Fresh Fruit Roll</p>	<p>22 Hamburgers Lettuce, Tomato & Pickle Coleslaw Fruited Jell-O Chips</p>	<p>23 Chicken Pesto Cavatappi Peas & Carrots Peaches Wheat Roll</p>	<p>24 Sweet & Sour Meatballs White Rice Glazed Brussel Sprouts Tropical Fruit</p>
<p>27 Chef's Choice</p> 	<p>28 Baked Ziti Steamed Broccoli Berry Fluff Garlic Bread</p>	<p>For those 60+ and their spouse the suggested donation is \$3.75. Call to RSVP by 3:00 p.m. the day before. 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>		

Activities



13:00
Every Friday

REMINDER 2m ago

Technology Assistance is available at the center on Fridays at 1pm. Come with your devices and questions!



be kind to yourself

Mindfulness Group meets Fridays at 2:15pm, and discusses topics related to emotional health and wellness.

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter emailed to you every week.



Visit www.mycommunityonline.com

SUPPORT OUR ADVERTISERS!



Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator

Fraud Information

Ambulance Fraud

Medicare covers ambulance services when they are medically necessary. To qualify for coverage, the ambulance and its crew must meet certain standards and be the only safe means of transporting a patient to an appropriate facility – like a hospital, skilled nursing facility (SNF), or dialysis center – where the patient receives Medicare-covered services.

Report potential ambulance fraud, errors, or abuse if:

- An ambulance was not medically necessary, and a wheelchair van or other automobile could have transported you safely
- You were transported in an unapproved ambulance, like a taxi
- You see on your Medicare Summary Notice (MSN) or Explanation of Benefits (EOB) charges for:
 - More mileage than the actual distance traveled in the ambulance trip
 - Advanced life support (ALS) instead of basic life support (BLS) or if it shows an emergency transport when it was not an emergency
- Your ambulance was not staffed by two emergency medical technicians (EMTs)
- You were transported from your house to a non-covered destination like your doctor's office, a community mental health center, a psychiatric facility (outside of a hospital), or an independent lab not connected with a hospital or SNF.

If you suspect Medicare fraud, errors, or abuse, address it immediately by taking these steps:

- Rule out error: If you have questions about information on yours or your loved one's Medicare Summary Notice (MSN) or Explanation of Benefits (EOB), call the provider or plan and ask for an explanation.
- Get help from your SMP: If you are not comfortable calling the provider or plan or if you are not satisfied with their response, your local SMP can help you:
- Identify and report fraud schemes and deceptive health care practices, such as illegal marketing or billing for services that were never provided.
- Refer complaints of potential fraud and abuse to the appropriate entity, who can intervene.
For example:
 - HHS Office of Inspector General (OIG)
 - Centers for Medicare & Medicaid Services (CMS)
 - State attorneys general
 - Local law enforcement
 - State departments of insurance
 - State Medicaid Fraud Control Units (MFCU)

Use the [SMP Locator](#) on this website to select your state and receive SMP contact information

Get help from other sources:

- Contact local law enforcement.
- Call 1-800-Medicare.
- Report directly to the OIG Hotline: 1-800-HHS-TIPS (800-447-8477).



Events

Out to Lunch Bunch is visiting...



Thursday, Feb 9th
Leaving the center at 11:30am
\$1 bus fee | RSVP at 435-755-1720

Sewing

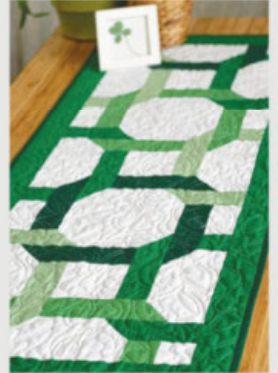
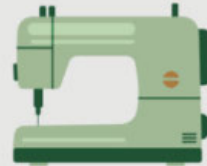
10am Fridays in February

**Feb 2 & 3: Table Runner
of the Month (\$3)**

Feb 10: Open sewing

**Feb 17: Project of the
Month (\$3)**

Feb 24: Open Sewing



LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Bill Clough

wclough@lpicommunities.com

(800) 950-9952 x2635

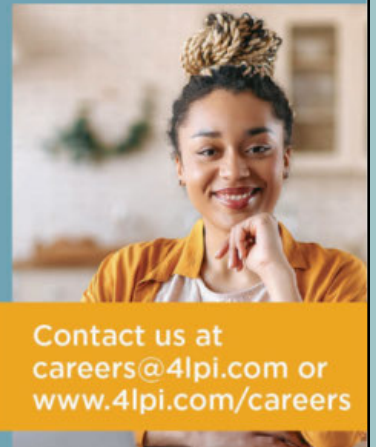
WE'RE HIRING!

AD SALES EXECUTIVES



BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



Authorized
Provider

SafeStreets

833-287-3502



Health and Wellness

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

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

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

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

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

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

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

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

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

Even with raised stress levels and anxiety, older adults

age 50-plus say they are resilient. When asked to rate their level of resiliency from 1 (lowest) to 10 (highest) the average rating was between 7 and 8. In fact,

- 58% rate their level of resiliency as high (8, 9, or 10 out of 10).
- 77% say their level of resiliency has not changed since the start of the pandemic.
- 13% say their level of resiliency has actually increased in the past two years.

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

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

Methodology

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

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

Craft Classes



Craft Class w/Jesse
Feb. 21st at 11:00am

and

Craft and Chit Chat w/Colby
Feb. 23rd at 12:30PM

\$3.00 Each, RSVP

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our
newsletter
emailed to
you every
week.



Visit

www.mycommunityonline.com

THRIVE
LOCALLY

ALLEN
MORTUARIES

*Logan
North Logan*

www.allenmortuaries.com



VOTED BEST FUNERAL HOME
OF CACHE VALLEY
& NORTHERN UTAH

- Plan Ahead -

Pre-arranged funerals can be arranged to cover funeral costs so that no financial burden remains.
For a free consultation, call **(435) 752-3245**



VALENTINE'S DAY WORD SEARCH

A V U A N G C A N D Y Q E I Y N J E T F
 J R R Z A O C G C S G C B O U Z P A W Y
 T D Y Q C B P M K O J S R U T Q W O P D
 I B D Y D G W A B S R I T L X M P V Z R
 H O V O O N E A H E T G O U H A B L W B
 N V S W E E T F W D F U T U J A B J E H
 M E S C S B A O O I F Z H S T Q M T L T
 X O Q B Q S L D U K I V C E W N U Z O U
 X K Z W W F O G W W C J X S D C R T V X
 C D B S K W C C H E Z H D O B J I G E W
 A N I L I E O S N H V D H R D A H U B Z
 R P W N S S H E A R T S L G B Z N D G M
 D L O W S E C T R G C D I P U C F L V S
 R N P P O Q N W E O T N G A W E C J C F
 J O E F W R W I D R E C I T B C X A M Q
 E R M U T M R N T F Y H R R Z S A F A L
 R S B V N N R A K N I P U G U L F K Q E
 J S B K O H B W H Z E A R O Y U Y W J K
 O C U D D L E D U X R L C C R E V N O X
 B O W E W R R N G Y K R A O Z N V G H V
 D Y D Z C U O Y E V O L I V H I U W D G
 N G O K Q T V Z L V S K M N S M Y V D S
 L U N T L W L P B Q P J S B W E Z J W E
 T K F S D N E I R F E K Q X S B X V L V
 A Q U H S X L I C S A B E R Y H C G O U

Valentine	Cupid	Be Mine	Pink
Candy	Cuddle	Hearts	Red
Chocolate	Hug	Card	Roses
February	Kiss	Love	I Love You
Flowers	Love	Arrow	Sweet



© 2018 Happiness is Homemade (www.happinessishomemade.com) FOR PERSONAL USE ONLY!