

Cache County Senior Center March 2023

Photo by Mike Bullock



StoryCorps is coming to Logan and the Senior Center is thrilled to be partnering with them to record the stories your stories! Find out more about StoryCorps and make a reservation to record in-person or in their Virtual Recording Booth at: storycorps.org/mobile-tour/!

SHARE YOUR STORY!



STORYCORPS



RECORDING IN LOGAN
April 27 - May 26

WHAT IS STORYCORPS?



StoryCorps is a non-profit organization that has been recording people having meaningful conversations since 2003

Each year, the StoryCorps Mobile Tour records in ten different cities across the United States, recording over 1000 conversations annually

When we stop in a city, we invite people into our in-person or virtual recording booth to have their own recorded conversation with someone they know

WHY SHOULD I PARTICIPATE?



To have a meaningful conversation with someone in your life

To honor them by asking questions and listening to their story

To record and preserve your community's experience and story

To share your story with your loved ones and with future generations

To learn more about people in your family and community

WHAT HAPPENS WHEN I PARTICIPATE?



One of our trained Facilitators greets you and your conversation partner

You have an audio-recorded conversation for up to 40 minutes

The Facilitator explains your options for sharing the recording and takes your photo for the archive

You get a copy of your recorded conversation and, if you give us permission, we preserve it in the largest single collection of human voices at the Library of Congress

HOW DO I PARTICIPATE?

Contact our Community Partner.



The contact listed will schedule you an appointment based on your availability.



Tell your story with StoryCorps' Mobile Tour!

Major support for StoryCorps' Mobile Tour provided by



More questions? Visit STORYCORPS.org or contact us at (646) 504-4350 or mobiletour@storycorps.org



StoryCorps

StoryCorps viene a Logan y el Senior Center está encantada de asociarse con ellos para grabar las historias de nuestra comunidad! Obtenga más información sobre StoryCorps y reserve su cita para grabar en persona o virtualmente en storycorps.org/mobile-tour.

COMPARTE TU HISTORIA

CON STORYCORPS EN LOGAN



Grabaciones:

27 DE ABRIL - 26 DE MAYO



QUÉ ES STORYCORPS?



StoryCorps es una organización sin fines de lucro que desde el año 2003 ha grabando conversaciones entre amigos, familia u otras personas que se conozcan.

Durante nuestra gira, grabamos conversaciones en el MobileBooth o cabina móvil- un estudio de grabación sobre ruedas.

Cada año manejamos el MobileBooth a diez ciudades distintas en los Estados Unidos y grabamos más de 1000 conversaciones anualmente

Te invitamos a reservar tu lugar completamente GRATIS para que grabes historias sobre tus experiencias de vida en nuestro MobileBooth cuando visitemos tu ciudad!

POR QUÉ PARTICIPAR?



Para tener una conversación profunda con alguien en tu vida.

Para homenajearlos haciéndoles preguntas y escuchando su historia.

Para grabar y preservar la historia y experiencia de tu comunidad.

Para compartir tu historia con tus seres queridos y futuras generaciones.

Para aprender más acerca de tus familiares y comunidad.

QUÉ SUCEDE CUANDO PARTICIPO?



Uno de nuestros facilitadores te recibe a ti y a tu compañero de conversación.

Tienes una conversación con tu compañero de grabación que puede durar hasta 40 minutos.

El facilitador te explica las opciones para compartir la grabación y toma tu foto para el archivo.

Recibes una copia de tu conversación grabada y, si nos das permiso, la preservamos en la colección más grande de voces humanas en la Biblioteca del Congreso de Estados Unidos.

¿CÓMO PARTICIPO?

Contacta a siguiente aliado en tu comunidad



El contacto designado fijará una cita para ti basada en tu disponibilidad



Cuenta tu historia con StoryCorps

¡Te invitamos a participar en el idioma en el que te sientas más cómodo!

¿Preguntas? Visita STORYCORPS.org o comunícate al (646) 872-3619 o mobiletour@storycorps.org.



Diabetes Prevention Program



PREDIABETES LIFESTYLE CHANGE PROGRAM

Are you or a loved one at risk for Prediabetes?

Prediabetes means your blood sugar level is higher than normal, but not high enough to be diagnosed as Diabetes. >80% of people with Prediabetes don't know they have it. Without making changes, Diabetes is likely to develop.

Some risk factors include:

45



Age 45 or older



Overweight



<3 days of physical activity a week



Diabetes while pregnant or >9 lb baby

Make the change for a healthier lifestyle today by joining the year-long

National Diabetes Prevention Program

MARCH 29, 2023

5:30 - 6:30 PM

Information Session on March 22nd

Questions? Call 435-792-6510



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Cache County Senior Center, Logan, UT

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Medicare



Dear Marci,

My dad is 67 and was released from prison at the beginning of February. He didn't enroll in Medicare when he turned 65 while he was incarcerated, so now he is back home and without health insurance. How should he enroll in Medicare now? Will he owe a late enrollment penalty?

-Abigail (Fort Wayne, IN)

Dear Abigail,

It is usually best if someone enrolls in Medicare when they are first eligible. As you mentioned, many people who delay enrolling in Medicare must wait for the General Enrollment Period and then may owe a late enrollment penalty for life.

Beginning this year, though, if someone misses a first-time enrollment period, there are certain situations when they might qualify for an exceptional circumstances Special Enrollment Period (SEP). One of these new SEPs is for people who were released from the custody of a penal authority, including a prison, after January 1, 2023.

To be eligible for this SEP, your father would have to:

- Be eligible for Medicare
- Have failed to enroll in Medicare while he was incarcerated
- Be released on or after January 1, 2023

Note that Medicare defines "incarcerated" as individuals who are in the custody of certain authorities, including people under arrest, imprisoned, residing in halfway houses, living under home detention, or confined completely or partially in any way under a penal statute or rule.

If he is eligible, the SEP lasts for twelve months.

- The SEP starts the day he was released.
- The SEP ends the last day of the twelfth month after his release.

He can choose to have his coverage begin on the first of the month after he signs up, or to have it begin up to six months retroactively (but not before January 1, 2023, or before his release). If he uses this SEP to enroll in Medicare, he will not owe a late enrollment penalty. To use this SEP, your father should contact SSA.

If your father then wants to enroll in a Medicare Advantage Plan or stand-alone Part D prescription drug plan, he should contact 1-800-MEDICARE (1-800-633-4227) to learn more about his enrollment period options. He may qualify for a Medicare Advantage or Part D SEP or have other enrollment periods available, depending on when he enrolls in Part B.

Best of luck to him as he enrolls in Medicare!

-Marci



Lunch Series | Movies



March Lunch & Learn

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

- Mar 1: Lunch Music: Todd Milovich
- Mar 8: Lunch & Learn: Holi
- Mar 10: Lunch & Learn: How the Pyramids were built: USU History Dept.
- Mar 15: Lunch & Learn: Cache Refugee and Immigrant Connection (CRIC)
- Mar 16: Diabetes Prevention: BRHD
- Mar 20: Lunch & Learn: Nutrition w/ Jenna/USU Extension- Cooking Demo at 1:00
- Mar 21: Lunchtime Poetry Reading



NOW SHOWING



Movies every Tuesday at 1pm

Mar 7: My Fair Lady
(1964, G, 1h 55m)

Mar 14: The Woman King
(2022, PG-13, 2h 14m)

Mar 21: Dead Poets Society
(1989, PG, 2h 08m)

Mar 28: Queen Bees
(2021, PG-13, 1h 40m)



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March 2023

Monday	Tuesday	Wednesday
<p>The Holi Festival is celebrated as a way to welcome in spring, and also is seen as a new beginning where people can release all their inhibitions and start fresh. It is said that during the Holi Festival, the gods turn a blind eye, and it's one of the few times extremely devout Hindus allow themselves to let loose.</p>		<p>1 12:10 Lunch Music: Todd Milovich (Folk/Jazz/Blues)</p>
<p>6 11:00 Bingo 12:30 Jeopardy 2:00 Caregiver Academy (6 of 6) 2:00 Chair Yoga with Melody</p>	<p>7 11:00 Cooking class in Spanish: Cocina Saludable con Anny 1:00 Movie: My Fair Lady (1964)</p>	<p>8 <i>Holi</i> 10:00-3:00 Utah Legal Services 12:10 Lunch & Learn: Holi 1:00 Wii Bowling</p> 
<p>13 11:00 Music Bingo 12-4 AARP 12:30 Jeopardy 2:00 Chair Yoga with Melody</p> <p>To register for AARP please call: Kent Haddock 435-890-5901</p>	<p>14 <i>Pi Day</i> 11:00 Cooking class in Spanish: Cocina Saludable con Anny 12:10 Pie Raffle 1:00 Movie: The Woman King (2022)</p>	<p>15 12:10 Lunch & Learn: Cache Refugee and Immigrant Connection (CRIC) 1:00 Craft (\$3)</p>
<p>20 <i>Spring Equinox</i> 11:00 Bingo 12:10 L&L: Nutrition with Jenna 12:30 Jeopardy 1:00 Cooking Demo with Jenna 2:00 Chair Yoga with Melody</p>	<p>21 <i>World Poetry Day</i> 11:00 Cooking class in Spanish: Cocina Saludable con Anny 12:10 Lunchtime Poetry Reading 12:45-3:00 Commodities 1:00 Movie: Dead Poets Society (1989)</p>	<p>22 1:00 Wii Bowling</p>
<p>27 11:00 Bingo 12:30 Jeopardy 2:00 Chair Yoga with Melody</p> 	<p>28 9:00 Field Trip: Bird Refuge: Cost for bus(\$15) 11:00 Cooking class in Spanish: Cocina Saludable con Anny 1:00 Movie: Queen Bees (2021)</p>	<p>29 1:00 Origami (\$2) 2:15 Book Club: The Night Circus</p>

March 2023

Thursday	Friday
<p>2 10:00 Sewing: Table Runner of the Month (\$3) 11:15 Card-Making with Brenda 12:45 TED Talk: <i>The most powerful woman you've never heard of</i></p>	<p>3 10:00 Sewing: Table Runner of the Month (\$3) 11:00 Blood Pressure</p> 
<p>9 11:30 Out to Lunch Bunch: Crumb Brothers (\$1 bus fee)</p>	<p>10 10:00 Open Sewing (\$3) 11:00 Music-making with Boomwhackers 12:10 Lunch & Learn: How the Pyramids were built, Mark Damen, USU History Dept.</p>
<p>16 11:00 Cooking Class (\$2) 12:10 L&L: Diabetes Prevention, w/BRHD 12:45 TED Talk: Jimmy Carter, on <i>"the number one human rights abuse"</i></p>	<p>17 St. Patrick's Day 10:00 Sewing: Project of the Month (\$3) 11:00 Blood Pressure 11:30 St. Patrick's Day Games</p> 
<p>23 11:00 Breakfast Club 12:30 Craft & Chit Chat (\$3)</p> 	<p>24 10:00 Open Sewing (\$3) 11:00 Cache Valley Memories w/ UServe Utah</p>
<p>30 10:45 Poker 12:45 TED Talk: <i>Where are the baby dinosaurs?</i> 1:00 Scrabble</p>	<p>31 10:00 Open Sewing (\$3)</p>

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

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

Friday

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



Chair Yoga
with
MELODY



Mondays at 2pm in March



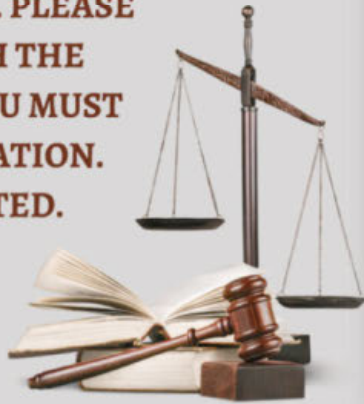
CACHE COUNTY
SENIOR CENTER

240 N 100 E, Logan
435-755-1720

Attorney

MARCH 8TH FROM 10AM TO 3PM

UTAH LEGAL SERVICES
WILL HAVE AN
ATTORNEY AVAILABLE
FOR 20 MINUTE
APPOINTMENTS. PLEASE
SCHEDULE WITH THE
FRONT DESK. YOU MUST
HAVE A RESERVATION.
SPOTS ARE LIMITED.



Lunch Bunch

Out to Lunch Bunch
is visiting...



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

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emailed to you every week.



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March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
Please remember to sign up for the Lunch List so that the kitchen can be sure to make enough for all interested in eating that particular day. Also if not planning on coming PLEASE let us know ASAP so that we do not have food waste.		1 Orange Chicken Fried Rice Stir Fry Vegetables Melon Cup Fortune Cookie	2 Ravioli Strawberry & Spinach Salad Italian Vegetables Garlic Bread	3 Chili Pot Pie Green Beans Fruit Texas Sheet Cake 
6 Roast Beef Mashed Potatoes & Gravy Creamed Peas Fruit Wheat Roll	7 <i>Holi</i> Butter Chicken Basmati Rice Roasted Zucchini Fruit Naan Bread	8 Chef's Choice 	9 Club Sandwich Bean Salad Fruit Cocktail Chips	10 Beef Taco Salad w/ Cilantro Ranch Grapes Churro
13 Loaded Baked Potato Buttered Broccoli Fruit	14 Hot Open Faced Turkey Sandwich Mashed Potatoes & Gravy Peas & Carrots Apple Salad Pie for Pi Day!	15 Cheese Omelet Crispy Bacon Veggie Hash Fresh Orange Slices Cinnamon Roll	16 Beef Stroganoff Buttered Noodles Cascade Veggies Fruit Cocktail Rice Crispy Treat	17 Corn Beef & Cabbage w/ Red Potatoes & Carrots Grape Salad Cookie
20 Meatball Sandwich Mixed Vegetables Pears Chips	21 Ham Au Gratin Potatoes Fresh Green Beans Apple Crisp	22 French Toast Sausage Scrambled Eggs Chilled V8 Juice Fruit	23 Lentil Sausage Soup Chef Salad Peaches	24 Chef's Choice 
27 Hot Dog Baked Beans Broccoli Salad AppleBerry Crisp	28 Chicken Wild Rice Soup Caesar Salad Fruit Wheat Crackers	29 Turkey Noodle Bake Roasted Vegetables Wheat Roll Fruit	30 Chef's Choice	31 Pulled Pork Sandwich Broccoli Salad Pears Chips

For those 60+ and their spouse the suggested donation is \$3.75. Don't forget to call in 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.

Field Trip

Join us for a Field Trip to the Bear River Migratory Bird Refuge

in Brigham City

Tuesday, March 28th

Leaving from the senior center at 9:00am

\$15 bus fee (refuge admission is free)

Suggested donation for sack lunches

Call 435-755-1720 to register



- We'll be driving the auto route in the bus; minimal walking
- We'll bring sack lunches for everyone
- Jack Greene (an experienced Audubon Society naturalist) will be joining us as our guide (again)
- Bring binoculars if you have any; some will be available

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Living with Vision Loss: Practical Tips for Safety and Independence

Vision loss is a growing challenge for older Americans. According to the American Foundation for the Blind, 3.2 million people—age 65 and older—experienced visual impairment in 2019.

However, it is important to note that although the eye ages along with the body and some vision changes occur, visual impairment is not a normal part of aging.

Some common signs indicating an eye condition impacting vision include:

- Frequent inability to find common items like the TV remote or other items that might just get laid around
- Bumping into people or things
- Difficulty or inability to read clearly; and
- Difficulty recognizing people they know.

These might be attributed to other age-related issues or diseases, however, it is important to rule out vision impairment as the cause. Most eye diseases are progressive, and vision continues to deteriorate, thus impacting functioning even more. Early diagnosis can increase access to treatment that prolongs vision and can help an individual develop important coping strategies and resources.

Vision loss and learning to adjust to it not only impacts the individual with the visual impairment, it impacts everyone in their life in some way. There are implications for safety, daily independent living, medication management, transportation, and almost every aspect of life. Loved ones may become caregivers. But, it is so important to know that a

person with low vision, and even those who experience significant vision loss, can learn strategies to safely and independently perform many daily tasks.

Signs your loved one may be experiencing vision loss

- Misplacing common items such as the phone, television remote control or eye glasses
- Wearing mismatched or stained clothing
- Frequently spilling liquids or food
- Not recognizing people
- Stumbling or tripping over steps
- Calling the wrong telephone number often
- Signing off of the line on paper documents

Although this list is not comprehensive, these are some of the common signs of a decline in vision and a serious eye condition. You might have thought these are just signs that you or your loved one are getting forgetful, or even developing dementia. However, it could be vision loss.



Activities

Sewing Group

10am on Fridays in March
Must RSVP

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

Mar 10: Open sewing (\$3)

Mar 17: Project of the Month (\$3)

Mar 24: Open Sewing (\$3)

Mar 31: Open Sewing (\$3)



You must pay your class fee at the front desk

COCINA SALUDABLE CON ANNY

COCINAMOS JUNTOS!

MARZO
7, 14, 21, 28
11AM - 12 PM



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Romance Scams

Romance scams occur when a criminal adopts a fake online identity to gain a victim's affection and trust. The scammer then uses the illusion of a romantic or close relationship to manipulate and/or steal from the victim.

The criminals who carry out romance scams are experts at what they do and will seem genuine, caring, and believable. Con artists are present on most dating and social media sites.

The scammer's intention is to establish a relationship as quickly as possible, endear himself to the victim, and gain trust. Scammers may propose marriage and make plans to meet in person, but that will never happen. Eventually, they will ask for money.

Scam artists often say they are in the building and construction industry and are engaged in projects outside the U.S. That makes it easier to avoid meeting in person—and more plausible when they ask for money for a medical emergency or unexpected legal fee.

If someone you meet online needs your bank account information to deposit money, they are most likely using your account to carry out other theft and fraud schemes.

Tips for Avoiding Romance Scams:

- Be careful what you post and make public online. Scammers can use details shared on social media and dating sites to better understand and target you.
- Research the person's photo and profile using online searches to see if the image, name, or details have been used elsewhere.
- Go slowly and ask lots of questions.
- Beware if the individual seems too perfect or quickly asks you to leave a dating service or social media site to communicate directly.
- Beware if the individual attempts to isolate you from friends and family or requests inappropriate photos or financial information that could later be used to extort you.
- Beware if the individual promises to meet in person but then always comes up with an excuse why he or she can't. If you haven't met the person after a few months, for whatever reason, you have good reason to be suspicious.
- Never send money to anyone you have only communicated with online or by phone.

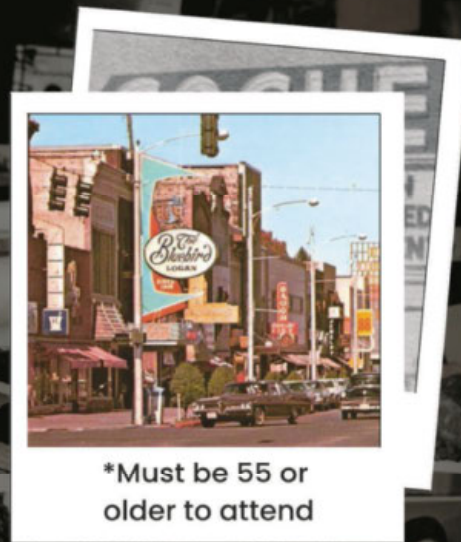
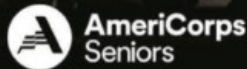
Activities

Join us in
celebrating and sharing
**Cache Valley
Memories**

Bring a treasure, family heirloom, photo, or
any memory you have of Cache Valley.
Display tables & treats provided.

Friday, March 24, 2023
11am to noon. Setup opens at 10.
Cache County Senior Center
240 N 100 E Logan 84321

Sponsored Message By



***Must be 55 or
older to attend**

Senior Companions is a 55+ volunteer
program providing free companionship,
caregiver respite, and other assistance.
Call Cynthia for details. 435-554-1157

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ACT for Caregivers

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IRB protocol #13040

Learn research-based skills to manage stress

Complete the program in 30 days or less

Work at your own pace on your own computer

ACT
FOR CAREGIVERS
UtahStateUniversity.

To participate you must be:

- Caring for someone with Alzheimer's disease, dementia, or memory loss, even if you don't live with them
- Over 18 years old
- Read and write English
- Live in the United States
- Have access to a computer, smartphone, or tablet with internet
- You will be asked about distress you feel from your role as a caregiver, and if are interested in an online self-guided program

How much time will it take?

- Modules take 30 minutes per week 1-2 times per week for about 4 weeks
- Online surveys take 30 minutes each 3-4 times
- Two optional phone or Zoom interviews take 60 minutes each (interviews are by invitation; not all who are interested will be selected)

Earn up to \$100 in Amazon Gift Cards:

Complete 2 online surveys = \$25

Complete 3-4 online surveys = \$25

Complete 1 interview 30 days after starting the program = \$25

Complete program in 30 days & an interview 6-weeks later = \$25

**To learn more about participating, contact our team at
435-797-1715 or email ACTforCaregivers@usu.edu**

Contact Dr. Audrey Julasz with questions or concerns about recruitment • (435) 797-1594 • Audrev.J@usu.edu