

Cache County Senior Center

April 2023

Photo by Mike Bullock

WELCOME SPRING!

It has been a long winter and for a while there it felt like winter would be here to stay! I love feeling the warmth of the sun, seeing the buds on the roses, and hearing the birds. Spring is that beautiful awakening of our rested souls. This month we have our wonderful Tai Chi instructors leading the annual event of World Tai Chi & QiGong Day, held on April 29th at 9:45 AM. The event will be held on the north side of the building in the green space.

We welcome Kayla to our team as a Meals on Wheels office specialist. She has stepped right in and has been a great asset to the team. This month I hope you take part in the fun events planned. We will have a Shred truck here on April 5th from 11 AM—1:00 PM. If you have important documents that need to be shredded be sure to mark your calendar for this day and time. I am excited to announce our partnership with Jump the Moon. They will come and host an art class here every month. The cost for this class is \$6.00 and you must pay and sign up at the front desk.

Lastly, this month Volunteer Appreciation week is April 16-23. We rely on volunteers, and volunteering comes in many different forms. Our 100 volunteers kept our Meals on Wheels afloat last year. We served a total of 49,502 meals last year. Volunteer hours clocked were 7,208 hours. Our center volunteers are the reason the center has amazing programs. With new patrons joining the center daily we as a center grew to have over 1500 registered users of the center. There are new volunteer instructors in ceramics, card making, and yoga. This center has become a hub of activity with a variety of events and classes. I am thankful to our amazing volunteers, for their spirit of giving back and sharing their talents. Our Tai Chi classes continue to be extremely popular. This last year there was growth in our sewing class. With our instructor adding additional days of instruction, patrons loved the opportunity to learn to sew or work on projects.

A goal I have is to have an additional form of dance instruction. I am looking for a volunteer to teach modern dance, ballet, or even a Latin dance class; Tango, or Salsa. I am also looking for a volunteer to begin teaching a light weight lifting class. If you know of anyone or if you are interested in teaching come visit with me or give me a call at 435-755-1729. Thank you to all our volunteers.

Best Regards,
Giselle Madrid

Good Things To Eat

Cherry Tomato Salsa

Cherry tomato salsa is a delicious, easy version of the classic dip. This recipe is perfect for serving with your favorite tortilla chips or on top of your favorite grilled chicken or fish and full of fresh tomato flavor.

Ingredients

- 3 cups cherry tomatoes washed & stems removed
- 1 small sweet onion
- 3 small garlic cloves peeled
- 3/4 cup packed cilantro leaves
- 1 lime juiced
- salt to taste



Instructions

To the bowl of a food processor fitted with the blade attachment, add the onion and garlic. Pulse until finely processed- you don't want chunks of garlic in your salsa.

Add the tomatoes and the cilantro and continue pulsing, just until the mixture reaches your desired consistency. The salsa will have a lot of liquid- you can drain off some of the excess liquid or keep it as is.


Transfer the salsa to a serving bowl. Stir in the lime juice & salt, then serve.

Commodities

April 18th 12:45pm-3pm

High blood pressure: you can prevent it.



 Reduce salt
to less than 5g daily

 Eat fruits and vegetables
regularly

 Avoid saturated fats
and trans fats

 Avoid tobacco

 Reduce alcohol

 Be physically
active every day



Resources



The Bear River Association of Governments will be providing assistance to households who need to have their taxes prepared through the Volunteer Income Tax Assistance program (VITA).

To keep our volunteers and clients safe during the pandemic we will be preparing

taxes remotely. This means you will have a short appointment where we will scan in your documents and send them to a tax preparer. The preparer will complete the return, then we will contact you to discuss the results, answer any questions, and print off your return for you to pick up. The VITA program will still submit your returns to the IRS on your behalf after you have had a chance to review the program and you are satisfied the return is correctly prepared.

You have two options to schedule an appointment to scan your documents.

Option 1: The first is to schedule the appointment through our calendar. Visit the BRAG facebook page at <https://www.facebook.com/BRAGHS> or our VITA facebook page at <https://www.facebook.com/>

UtahFreeTaxHelp and click on the Calendar for scheduling appointments. Choose a day and time, click that time slot and type in your name and phone number and click save. It's that easy! Feel free to have a friend or a family member help you with this as needed.

Option 2: You can also call BRAG at 435-713-1449 to schedule an appointment. Please keep in mind that we have limited staff, so if you don't reach someone, please leave a single message with your name and phone number indicating you would like to schedule an appointment to scan your tax documents. A VITA volunteer or BRAG staff will call you back to help schedule the appointment.

Please let us know how we can help. You can send us an email at cachevita@brag.utah.gov leave us a message on facebook, or call us. Lets make this tax season the best it can be!

Lucas Martin
Director of Human Services

Bear River Association of Governments
170 N Main, Logan, UT 84321
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Cache County Senior Center, Logan, UT

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Medicare



Dear Marci

Dear Marci,

I didn't enroll in Medicare when I turned 65, because I was still working and covered by my employer health insurance. Now I'm retiring at age 67 and have missed my Initial Enrollment Period. How do I enroll?

-Loretta (Tampa, FL)

Dear Loretta,

You can enroll in Medicare using a Special Enrollment Period (SEP). SEPs are periods of time outside normal enrollment periods where you can enroll in health insurance. They are typically triggered by specific circumstances.

There is an SEP that begins when you have coverage from current work (job-based insurance) and you are in your first month of eligibility for Part B. It ends eight months after you lose coverage from current employment because the employment or insurance ends. Using this Part B SEP also means you will not have to pay a Part B late enrollment penalty (LEP).

To use this Part B SEP, you must meet two criteria:

1. You must have insurance from current work (from your job, your spouse's job, or sometimes a family member's job) or have had such insurance within the past eight months
2. And, you must have been continuously

covered by job-based insurance or Medicare Part B since becoming eligible for Medicare, including the first month you became eligible for Medicare

- Note: You can have no more than eight consecutive months without coverage from either Medicare or insurance from current work. You are ineligible for the Part B SEP after going for more than eight months without Part B or job-based insurance.

In most cases, you should enroll in Medicare before losing job-based insurance to avoid gaps in coverage. Remember, even if you use the SEP to avoid a late enrollment penalty, you may still be responsible for any health care costs you incur in the months after losing job-based coverage before your Medicare coverage takes effect. For help timing your Medicare enrollment to ensure it starts immediately after you no longer have job-based insurance, reach out to your human resources department one to two months in advance.

If you are considering delaying Part B enrollment because you have job-based insurance, make sure to learn whether your coverage will be primary or secondary.

Note: Beginning in 2023, you may also qualify to use an SEP to enroll in Medicare if you meet certain requirements, such as if you mistakenly delayed Medicare enrollment based on employer misinformation.


Congratulations on your retirement!
-Marci

Lunch Series | Movies



April Lunch & Learn

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

- Apr 05: All about Flash Drives
- Apr 06: Lunch Music: Rockie Ricks, Piano
- Apr 07: Nutrition. Then...
@ 12:30: Easter Egg Hunt 
- Apr 11: The Rabbits of Utah
- Apr 14: Female Spies in World War I, Tammy Proctor, USU History Dept.
- Apr 17: Nutrition w/ Jenna, USU Extension - Cooking Demo at 1:00
- Apr 26: Hearing Loss, Sue Ordonez
- Apr 27: Lunchtime Stories



NOW SHOWING



Movies every Tuesday at 1pm

Apr 04: The Devil at 4 O'Clock
(1961, PG, 2h 06m)

Apr 11: A Man Called Otto
(2022, PG-13, 2h 06m)

Apr 18: 80 For Brady
(2023, PG-13, 1h 38m)

Apr 25: The Fabelmans
(2022, PG-13, 2h 31m)



SUPPORT THE ADVERTISERS

that Support our
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April 2023

Monday

Tuesday

Wednesday



To the Thawing Wind

Robert Frost - 1874-1963

Come with rain, O loud Southwester!
Bring the singer, bring the nester;
Give the buried flower a dream;
Make the settled snowbank steam;
Find the brown beneath the white;
But whate'er you do tonight,

Melt the glass and leave the sticks
Like a hermit's crucifix;
Burst into my narrow stall;
Swing the picture on the wall;
Run the rattling pages o'er;
Scatter poems on the floor;
Turn the poet out of door.

3

9:30 Walking Group
11:00 Bingo
12:30 Jeopardy
2:00 Chair Yoga with Melody

4

11:00 Cooking class in Spanish:
Cocina Saludable con Anny
1:00 Movie: *The Devil at 4 O'Clock* (1961)

5 National Flash Drive Day

11-1 Shred Truck Available
12:10 Lunch & Learn: All about Flash Drives
12:45 Wii Bowling

10

9:30 Walking Group
11:00 Music Bingo: Beatles
12:00-4:00pm AARP
12:30 Jeopardy
2:00 Chair Yoga with Melody

11

12:10 Lunch & Learn: The Rabbits of Utah
1:00 Movie: *A Man Called Otto* (2022)

12

11:00 Art with Jump The Moon (\$6)
1:00 Craft (\$2)

17

9:30 Walking Group
11:00 Bingo
12:10 Lunch & Learn: Nutrition with Jenna, USU Extension
12:30 Jeopardy
1:00 Cooking Demo w/ Jenna
2:00 Chair Yoga with Melody

18 Tax Day

10:30 Breakfast Club
12:45-3:00 Commodities
1:00 Movie: *80 For Brady* (2023)

19

12:45 Wii Bowling



24

9:30 Walking Group
11:00 Bingo
12:30 Jeopardy
2:00 Chair Yoga with Melody



25

12:30 Field Trip: Rock Climbing with Common Ground (\$9)
1:00 Movie: *The Fabelmans* (2022)

26

12:10 Lunch & Learn: Hearing Loss
1:00 Origami (\$1)
2:15 Book Club: *Sully*

April 2023

Thursday

Friday



Daily Activities

8:30-2:30 Computers
 8:30 Fitness Room
 8:30 Library
 12:00-1:00 Lunch
 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 Writing Group
 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 Painting Group
 1:00 Tai Chi
 1:00 Tech Assistance
 2:15 Mindfulness Group

6

11:15 Card-making w/ Brenda
 12:10 Lunch Music: Rockie Ricks, Piano
 12:45 TED Talk: *Your elusive creative genius*

7

11:00 Easter Egg Dyeing
 11:00 Blood Pressure
 12:10 Lunch & Learn: Nutrition
12:30 Easter Egg Hunt
 1:00 Technology Assistance

13

10:45 Field/Lunch Trip: Brigham City Art Museum & the Idle Isle Café (\$15 bus fee)

14

11:00 Music-making with Boomwhackers
 12:10 Lunch & Learn: Female Spies in World War I, Tammy Proctor, USU History Dept.
 1:00 Technology Assistance

20

11:00 Cooking Class (\$2)

21

10:00 Sewing: Table Runner of the Month (\$3)
 11:00 Seed planting for Earth Day
 11:00 Blood Pressure
 1:00 Technology Assistance

27 *National Tell a Story Day*

10:45 Poker
 12:10 Lunchtime Stories
 12:30 Craft & Chit Chat (\$3)
 12:45 TED Talk: *Your body language may shape who you are*

28

10:00 Open Sewing (\$3)
 1:00 Technology Assistance



Art Class

The Cache County
Senior Center
is partnering with

Jump the Moon
to provide a brand new

ART CLASS

Wednesday, April
12th at 11:00 am
\$6.00 supply fee
Spots limited, must
sign up at front desk



Field Trip

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



AND



Thursday, April 13th
Leaving the center at 10:45am
\$15 bus fee | RSVP at 435-755-1720



**JOIN US
FOR ROCK
CLIMBING**

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

No experience required, all
materials provided

**Tuesday, April 25th,
12:30pm**

RSVP in advance:
435-755-1720

\$7 activity fee | \$2 bus fee

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emailed to you every week.



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April 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>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 755-1720.</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>				
3	4	5	6	7
<p>Omelet Sausage Grapes Pumpkin Muffin V8</p>	<p>Tuna Sandwiches Carrot Sticks Cottage Cheese & Pineapple Chips</p>	<p>Chef's Choice</p> <p style="text-align: center;"></p>	<p>Veggie Lasagna Italian Veggies Peaches Garlic Toast</p> <p style="text-align: right;"></p>	<p>Crispy Chicken Tenders Mashed Potatoes and Gravy Corn Fresh Fruit Apricot Crisp</p>
10	11	12	13	14
<p>Beef & Barley Soup Buttered Corn Melon Cup Wheat Roll</p>	<p>Chicken Tetrazzini Peas & Carrots Diced Pineapple Sliced Bread</p>	<p>Swedish Meatballs Over Noodles Roasted Vegetables Fruit</p> <p style="text-align: center;"></p>	<p>Turkey Chili Mac w/Cheese Green Salad Fruit Crisp</p>	<p>Tilapia Brown Rice Vegetables Tropical Fruit</p>
17	18	19	20	21
<p>Turkey Burger Coleslaw Orange Slices Chips</p> <p style="text-align: center;"></p>	<p>Chicken Swiss Bake Rice Pilaf Peas Fruit Cup</p>	<p>Philly Cheesesteak Macaroni Salad Cucumbers & Tomatoes Ambrosia Salad</p>	<p>Chicken Pot Pie Sun Kissed Carrots Spiced Applesauce</p> <p style="text-align: right;"></p>	<p>Creamy White Chili Green Beans Spiced Pears Roll</p>
24	25	26	27	28
<p>Sweet & Sour Pork Brown Rice Roasted Broccoli Fresh Fruit</p>	<p>Chef's Choice</p> <p style="text-align: center;"></p>	<p>Shepherd's Pie Spinach Strawberry Salad Seasonal Fruit</p>	<p>Teriyaki Chicken Salad Mandarin Oranges Cookie</p>	<p>Beef Stroganoff Green Beans Mixed Fruit Whole Wheat Roll</p>

Events & Activities

Sewing Group

10am on Fridays in April
Must RSVP

April 21: Table
Runner of the
Month (\$3)

April 28: Open
Sewing (\$3)



*You must pay your
class fee at the front desk*

You are invited to

Easter festivities

At the Cache County Senior Center
April 7, 2023

11:00 AM: Easter Egg Dyeing
12:30 Easter Egg Hunt

An illustration of three colorful Easter bunnies (yellow, pink, and blue) with black dots for eyes and noses. The background is light blue with yellow stars.

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Upcoming Events

 <p>Bear River Area Agency on Aging We are Here to Support You! • BRAG •</p>	<h1>SAVE the DATE</h1>
<h1>May 24</h1> <p>8:30 - 4:00</p>	<h2>CAREGIVER CONFERENCE</h2> <p>For more information contact Deborah Crowther @ (435)713-1462 or email: deborahc@brag.utah.gov</p>

Save the Date

The Project Talk Trial is a community-based project that brings advance care planning tools to sites around the US. Fun and engaging events intended to help community members learn about medical decision-making and complete advance directives will be held in 75 cities, towns, and rural locales throughout America. We are honored to have been selected as a host, and we hope you will participate. **Stay tuned for an upcoming date in May**
More details to come!

Events




Happy Earth Day!

COME PLANT SEEDS WITH US

Friday, April 21st at 11am



LUNCH & LEARN
LEARN ABOUT HEARING LOSS



WITH SUE ORDONEZ,
UTAH STATE HARD OF HEARING SPECIALIST
WEDNESDAY, APRIL 26TH AT 12:10

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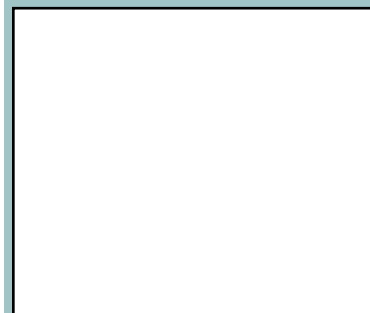


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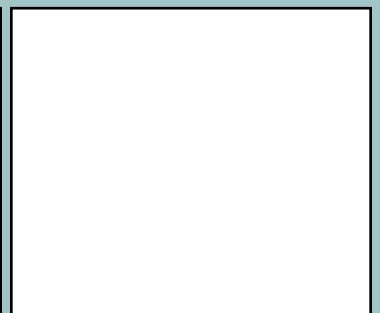
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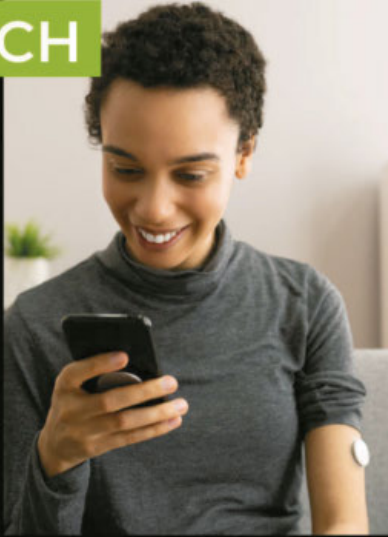


Fraud

SCAM WATCH

Diabetes *monitoring devices*

Contact the SMP if you've received diabetic supplies you don't need. Watch your Medicare statements for claims for these supplies, even if you don't have diabetes.



The SMP has a new scam watch to share. There have been reports of folks either receiving diabetic monitoring devices they don't need or seeing claims for diabetic supplies on their Medicare statements that shouldn't be there. How can you detect this scam? Be on the lookout for diabetic supplies you don't need being delivered. Watch your Medicare statements for claims for these supplies, even if you don't have diabetes. If you do find supplies or questionable charges on your Medicare statements, report it right away to the #SeniorMedicarePatrol or SMP. You can find your local SMP by calling 1-877-808-2468 or by visiting smpresource.org



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Events



Join 100s of Cities and Over 80 Nations
in Celebrating

World Tai Chi & QiGong Day

Saturday, April 29 9:45 am

Outside - North Side of Senior Center
(Inside in case of inclement weather)

Free demonstrations of Tai Chi and QiGong offered in Cache Valley

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SHARE YOUR STORY!

STORYCORPS



RECORDING IN LOGAN
April 27 - May 26

WHAT IS STORYCORPS?

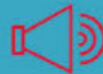


StoryCorps is a non-profit organization that has been recording people having meaningful conversations since 2003

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

