

# Cache County Senior Center

May 2023

Photo by Mike Bullock



**We Want You!**

AT THE  
**Cache County Events Center**  
490 S. 500 W. Logan, Utah  
on  
**May 24, 2023 8:30 am - 4:00 pm**

**Bringing Caregivers and Veterans: Hope, Strength, Knowledge, and Humor!**



*Register at [berriveraging.org](http://berriveraging.org)  
or scan the QR Code **by May 8th***

Call or Email Deborah Crowther at  
435-713-1462 | [deborahc@brag.utah.gov](mailto:deborahc@brag.utah.gov)

*Presented By Bear River  
Area Agency on Aging & the  
Aging Caregiver Coalition*

# Recipe

## Mom's Frog Eye Salad Recipe

Mom's Frog Eye Salad, also known as Acini Di Pepe Salad, is my all time favorite food. It is so sweet and full of fruity

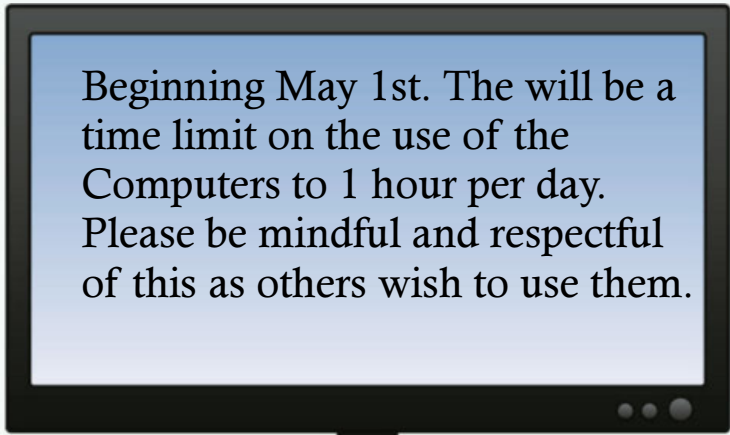
### Ingredients

8 oz. Acini De Pepe Pasta  
1 C. Pineapple Juice (reserved from pineapple tidbits)  
1/2 C. Sugar  
1 TBS Flour  
1/4 tsp. salt  
1 Egg Beaten  
1/2 TBS Lemon Juice  
22 oz. Pineapple tidbits  
8 oz. Crushed Pineapple  
1 1/2 C Miniature Marshmallows  
3/4 C Shredded Coconut  
8 oz. Cool Whip

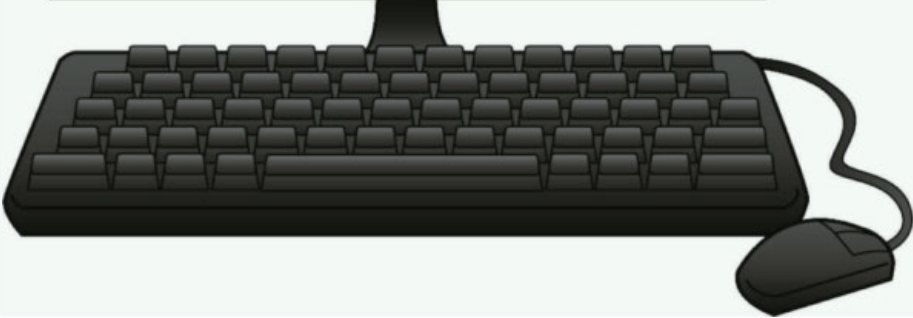


### Instructions

1. Cook the Acini De Pepe pasta according to the package directions. When done, rinse under cold water in strainer. Let cool.
2. In a saucepan over medium high heat stir together pineapple juice, sugar, flour, salt and egg. Cook and stir constantly until mixture thickens and is smooth. Remove from heat and stir in lemon juice. Let cool.
3. In a large mixing bowl combine the pasta and the thickened mixture.
4. Then gently fold in the marshmallows and coconut. Fold in the Cool Whip.
5. Refrigerate until time of serving.



Beginning May 1st. There will be a time limit on the use of the Computers to 1 hour per day. Please be mindful and respectful of this as others wish to use them.



# 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 \$1,843.00 a month (\$2,485.00 for married couples), and your assets are below \$16,000 (\$32,240) 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](http://www.rmdmed.com)



## LET'S GROW YOUR BUSINESS

### Advertise in our Newsletter!

**CONTACT ME**

**Anthony Praskavich**

[apraskavich@4LPi.com](mailto:apraskavich@4LPi.com)

(800) 477-4574 x6656

# SUPPORT OUR ADVERTISERS!



For ad info. call 1-800-950-9952 • [www.lpicommunities.com](http://www.lpicommunities.com)

Cache County Senior Center, Logan, UT

A 4C 05-1038



# Medicare

## Does Medicare consider me homebound?



Dear Marci,

I learned that Medicare may cover home health care for people who are homebound. How do I know if I am considered homebound?

-Alejandro (Madison, WI)

Dear Alejandro,

That's a great question. As you said, Medicare covers home health care if you qualify. One of the requirements to qualify is that you be homebound. But what exactly does this mean?

Medicare considers you homebound if both of the following apply to you:

- You need the help of another person or medical equipment to leave your home. For example, you need crutches, a walker, or a wheelchair to leave your home. Or, your doctor believes that your health or illness could get worse if you leave your home
- And, it is difficult for you to leave your home and you typically cannot do so

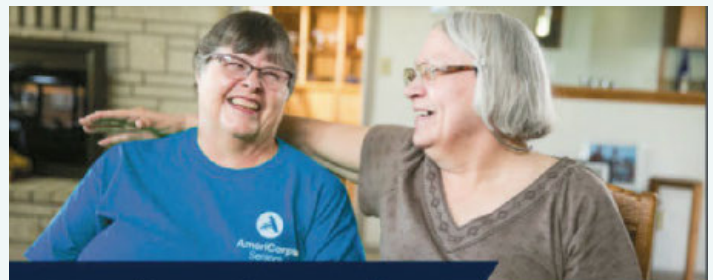
Your doctor should decide if you are homebound based on their evaluation of your condition. If you qualify for Medicare's home health benefit, your plan of care will also certify that you are homebound. After you start receiving home health care, your doctor is

required to evaluate and recertify your plan of care every 60 days.

Even if you are homebound, you can still leave your home for medical treatment, religious services, or to attend a licensed or accredited adult day care center, without putting your homebound status at risk. Leaving home for short periods of time or for special non-medical events, such as a family reunion, funeral, or graduation, should also not affect your homebound status. You may also take occasional trips to the barber or beauty parlor.

I hope this helps as you and your doctor consider your needs for home health!

-Marci



## Volunteer!



Enrich your life while enriching the lives of others.

Choose how to serve:

1. Be a companion to homebound seniors
2. Be a mentor to children in need

- ✓ Be 55 or older
- ✓ Pass a background check
- ✓ Volunteer 5+ hours per week (flexible schedule)

To offset the cost of volunteering you will receive:

- A non-taxable stipend
- Mileage and meal reimbursement
- Paid leave & holidays
- Paid training hours

Contact Debbie Sparks at 435-512-3770 or [dksparks@utah.gov](mailto:dksparks@utah.gov) for more information

## Lunch Series | Tuesday Movies



# May

## Lunch & Learn



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

- May 03: Utah Assistive Technology Program (UATP)
- May 04 @ 12:45: TED Talk: The surprising science of happiness
- May 09: Squirrels!
- May 11: Mother's Day Celebration, with Music by Marly
- May 22: Nutrition w/ Jenna, USU Extension - Cooking Demo at 1:00



# NOW SHOWING



Movies every Tuesday at 1pm

**May 02:** The Empire Strikes Back  
(1980, PG, 2h 04m)

**May 09:** Book Club  
(2018, PG-13, 1h 44m)

**May 16:** Breakfast at Tiffany's  
(1961, G, 1h 55m)

**May 23 at 12:30:** Avatar: The Way of Water  
(2022, PG-13, 3h 12m)

**May 30:** Clue  
(1985, PG, 1h 37m)



# SUPPORT THE ADVERTISERS

## that Support our Community!







# May 2023

Monday	Tuesday	Wednesday
<p><b>1</b> <i>May Day</i>            9:30 Walking Group            12:10 Lunch &amp; Learn: May Day</p>	<p><b>2</b>            9:00 Field Trip to Bear River Migratory Bird Refuge (\$15)            12:45 Movie: The Empire Strikes Back (1980)</p>	<p><b>3</b>            11:00 Horseshoes Tournament            12:10 Lunch &amp; Learn: Utah Assistive Technology Program (UATP)</p>
<p><b>8</b>            9:30 Walking Group            11:00 Music Bingo            12-4 AARP Safe Driving</p>	<p><b>9</b>            11:00 Music-making with Boomwhackers            12:10 Lunch &amp; Learn: Squirrels!            1:00 Movie: Book Club (2018)</p>	<p><b>10</b>            12:45 Wii Bowling            1:00 Spring Craft w/ Giselle (\$3)</p>
<p><b>15</b>            9:30 Walking Group            11:00 Rhythm in Motion– Dance Class</p>	<p><b>16</b>            11:00 Cooking Class (\$2)            12:45-3:00 Commodities            1:00 Movie: Breakfast at Tiffany's (1961)</p>	<p><b>17</b>            1:00 Cell Phone Class 101</p>
<p><b>22</b>            9:30 Walking Group w/ Colby            12:10 Lunch &amp; Learn: Nutrition with Jenna, USU Extension            1:00 Cooking Demo w/ Jenna            1:30 Community Game Day: Sunshine Terrace</p>	<p><b>23</b>            10:30 Breakfast Club            12:30 Movie: Avatar: The Way of Water (2022)</p>	<p><b>24</b>            11:00 Art with Jump The Moon (see pg. 15)            12:45 Wii Bowling</p>
<p><b>29</b></p> 	<p><b>30</b>            1:00 Movie: Clue (1985)</p>	<p><b>31</b> <i>National Senior Health &amp; Fitness Day</i>            10:00 Rhythm in Motion– Dance Class            11:00 Field Trip: Nature Hike— Spring Hollow (\$3 bus fee)            2:15 Book Club: The Radium Girls</p>



# May 2023

Thursday	Friday
<p><b>4 Star Wars Day</b>                      11:15 Card-making w/ Brenda                      12:45 TED Talk: The surprising science of happiness</p> 	<p><b>5 Cinco de Mayo</b>                      10:00 Sewing: Table Runner of the Month (\$3)                      11:00 Lotería (Mexican Bingo), with snacks                      11:00 Blood Pressure</p> 
<p><b>11</b>                      12:10 Mother's Day Entertainment, Music by Marly</p>	<p><b>12</b></p> 
<p><b>18</b>                      11:30 Out to Lunch Bunch: Gracy's (\$2 bus fee)</p>	<p><b>19</b>                      10:00 Sewing: Project of the Month (\$3)                      11:00 Blood Pressure</p>
<p><b>25</b>                      10:45 Poker                      12:30 Craft &amp; Chit Chat (\$3)</p>	<p><b>26</b>                      10:00 Open Sewing (\$3)                      11:00 Memorial Day Origami Craft (\$1)</p>
	

## 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 Creative Writing**  
**12:30 Mahjong**  
**1:00 Movie**

### Wednesday

**11:00 Line Dancing**  
**1:00 Bobbin Lace Group**  
**1:00 Bridge**  
**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 Tech Assistance**  
**2:15 Mindfulness Group**

## Join us for a **COMMUNITY GAME DAY**

Great conversations start with *Hello*

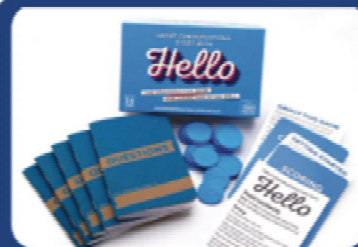
*Hello* is a fun group activity that helps you talk about what matters to YOU when facing serious health issues.

### Volunteers Wanted!

Participate in a research study that involves answering a questionnaire and talking about your experience at the event.

Research participants can receive up to \$90 in gift cards

*Can you name 3 people you would let make medical decisions for you?*



Enjoy free snacks & refreshments!  
**Adults 18+ are welcome to attend. Space is limited. RSVP now!**

**When:** May 22, 2023 at 1:30 pm

**Where:** The Cache County Senior Center

**Hosted By:** Sunshine Terrace Foundation

**RSVP:** Call Amy Anderson at 435-754-0233

STUDY DIRECTOR: Lauren J. Van Sooy MD | 50 HMC Long Lane, Suite 205, Mail Code 5B32 Hershey, PA 17033.  
For more information call toll free 1-844-432-TALK (8255) or email: projecttalk@pennstatehealth.psu.edu.  
This research has been approved by the Institutional Review Board, under federal regulations at Penn State Hershey Milton S. Hershey Medical Center, Penn State College of Medicine, IRB # 14689





# Activities



## LET'S PLAY HORSESHOES!

---

WEDNESDAY, MAY 3, 2023 | 11AM  
CACHE COUNTY SENIOR CENTER  
ALL ARE WELCOME TO PLAY

---



## HAPPY MOTHER'S DAY!

PLEASE JOIN US ON THURSDAY,  
MAY 11 AT NOON FOR  
MUSIC BY MARLY  
TO CELEBRATE MOTHERS!



# NEVER MISS OUR NEWSLETTER!

**SUBSCRIBE**

Have our newsletter emailed to you.



VISIT [WWW.MYCOMMUNITYONLINE.COM](http://WWW.MYCOMMUNITYONLINE.COM)



# MAY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Fish & Chips Coleslaw Melon Salad	<b>2</b> Roasted Chicken Thigh Mashed Potatoes Roasted Butternut Squash Grape Salad	<b>3</b> Meatloaf Au gratin Potatoes Sunshine Carrots Spiced Pears	<b>4</b> Han– Burger Kale-oren Salad BB– Oranges Rice Crispy Treat Lays the Force be With You!	<b>5</b> Chicken Fajitas Cilantro Lime Rice Sautéed Vegetables Tropical Fruit 
<b>8</b> Chef's Choice	<b>9</b> Sloppy Joe Mixed Green Salad Mandarin Oranges Chips	<b>10</b> Alpine Chicken Brown Rice Green Beans Peaches Texas Sheet Cake	<b>11</b> Baked Potato Broccoli w/ Cheese Chili Fruit Salad Frog– Eye Salad	<b>12</b> 
<b>15</b> Sweet and Sour Meatball Wild Rice Peas & Carrots Melon	<b>16</b> Beef and Barley Soup Open-Faced Sandwich Pineapple & Grapes	<b>17</b> Chef's Choice 	<b>18</b> French Dip Carrot Salad Fruit Cocktail Chips	<b>19</b> Butter Chicken Basmati Rice Roasted Vegetables Watermelon
<b>22</b> Club Sandwich Broccoli Salad Watermelon Chips	<b>23</b> Lemon Garlic Salmon Creamed Spinach Wild Rice Lemon Cupcake	<b>24</b> Baked Ravioli Italian Veggies Apple Salad Garlic Bread	<b>25</b> Turkey Rollups Mashed Potatoes Peas & Carrots Peaches Strawberry Cheesecake Bar	<b>26</b> Mandarin Chicken Brown Rice Stir Fry Vegetables Mandarin Oranges
<b>29</b> 	<b>30</b> French Toast Sticks Sausage V8 Orange Slices	<b>31</b> Chef's Choice	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.	

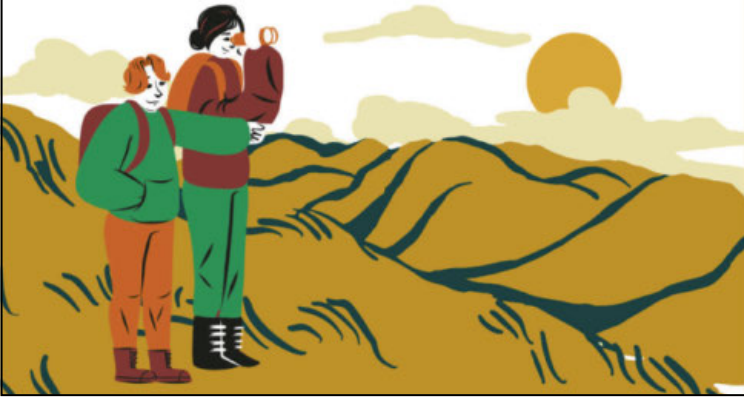
# Field Trips

## Let's Go Hiking!

Join us for a guided nature walk and picnic lunch at Spring Hollow with Jesse, our staff ecologist

Wednesday, 31 May, leaving from the senior center at 11am

\$3 bus fee, plus your usual lunch donation for the sack lunch provided



## Out to Lunch Bunch is visiting...



Thursday, May 18th

Leaving the center at 11:30am

\$2 bus fee | RSVP at 435-755-1720

## NEVER MISS OUR NEWSLETTER!

**SUBSCRIBE**

Have our newsletter emailed to you.



Visit

[www.mycommunityonline.com](http://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](http://lpicommunities.com/adcreator)





## Cache County Senior Center

### VOLUNTEER WITH MEALS ON WHEELS

#### ABOUT VOLUNTEERING

Cache County Meals on Wheels volunteers deliver once a week or once every other week. Mini routes take approximately 1 hour and volunteers use their own vehicles. Truck routes take approximately 2-2.5 hours and volunteers use one of our Meals on Wheels trucks. Routes begin by picking up the food between 11-11:15 a.m. We are looking for Volunteers today! If you are interested and can make it work with your schedule see below on how to get started!



#### HOW TO GET STARTED

Each of our volunteers fill out a volunteer application. The application includes:

- a volunteer form
- a background check
- a driving record check

The background check provided is \$15, and we do not cover that cost. Background checks completed within the last 6 months can be accepted. Cache County will provide the driving record check for those who have a UT drivers license.

#### CONTACT

Email:

[maurianna.shelbourn@cachecounty.org](mailto:maurianna.shelbourn@cachecounty.org)

or come into the Senior Center at  
**240 N 100 E, Logan** to get your  
application started TODAY!

# Events & Activities



**Happy  
Cinco De Mayo**

Join us on  
Friday, May 5th at 11:00  
for a game of  
Lotería (Mexican Bingo)  
and some delicious  
snacks to celebrate!



**Benefits of Walking  
20 Minutes a Day**

- Strengthens muscles
- Controls cholesterol levels
- Regulates blood pressure
- Reduces stress
- Delays aging
- Boosts immunity
- Improves heart health
- Burns fat

**May is National Walking Month!  
Walk with us, Mondays at 9:30am**

**LET'S GROW YOUR BUSINESS**  
Advertise in our Newsletter!

**CONTACT ME**  
**Anthony Praskavich**

[apraskavich@4LPi.com](mailto:apraskavich@4LPi.com)  
**(800) 477-4574 x6656**

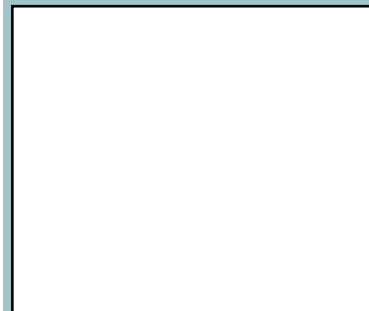
**WE'RE HIRING!**   
**AD SALES EXECUTIVES**

**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](mailto:careers@4lpi.com) or  
[www.4lpi.com/careers](http://www.4lpi.com/careers)



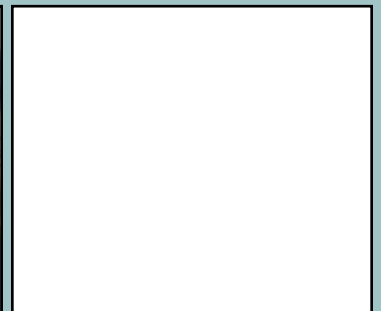
**ADT-Monitored  
Home Security**

Get 24-Hour Protection  
From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide



 Authorized Provider **SafeStreets** **833-287-3502**





## Fraud

There have been a lot of reports to the SMPs across the country about diabetic supply charges being found on Medicare statements when the beneficiary doesn't have diabetes. Have you read your most recent statement? If not, be sure to and see if you find any charges that look suspicious. If you find something, report it! Call Colby or Giselle with any questions 435-755-1720



**SCAM WATCH**  
Diabetic Monitoring Devices

 <b>CLAIMS ON YOUR MSN</b>	 <b>NOT REQUESTED</b>	 <b>DON'T HAVE DIABETES</b>
--	---	---

SMPRESOURCE.ORG    SUPPORTED BY GRANT # H3990022 FROM ACLS    877.808.2468



## Senior Services

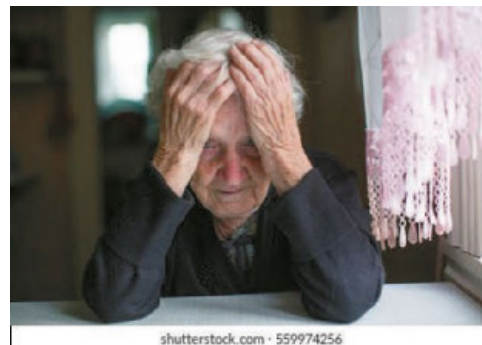
### Meals on Wheels Reminders

Do I have to be home to receive my meal? Yes! You must be home when your meal is delivered. For your health and safety, we cannot leave meals outside



or in coolers. Our volunteers and drivers enjoy their visits with you. If you are not going to be home and need to cancel, please call Meals on Wheels by 9:30 am the day of at 435.755.1720.

**What is expected of me?** Please be dressed and ready when your meal delivery arrives. We expect all clients to be respectful of volunteers' and drivers' time and communicate courteously with all our team members. We are here for you. Please let us know if you have any questions. Currently, we do not charge Meals on Wheels clients for the meals provided to them; however, we do request a donation of \$3.75 per meal. A donation statement is delivered at the beginning of the month for the previous month's meals. All donations are confidential and anonymous and can be mailed in or sent in with your MOW volunteer.



### Adult Protective Services

Utah law requires any person who has reason to believe that a vulnerable adult is being abused, neglected, or exploited to immediately notify Adult Protective Services or the nearest law enforcement office. Causing harm or injury, attempting to cause harm, or inappropriately using physical restraint, medication, or isolation that could cause harm to a vulnerable adult is illegal. How to Report By Telephone (M – F) 8:00 AM – 5:00 PM 1.800.371.7897 Report Online (24/7) [daas.utah.gov/adult-protective-services/](https://daas.utah.gov/adult-protective-services/)



# Events & Activities

The Cache County Senior Center

is partnering with



to provide a brand new

## ART CLASS

Wednesday, May 24th at 11am  
Donations appreciated  
Spots limited, must sign up at  
front desk

In May we will be making art out of plastic waste\* that will be displayed publicly to help promote conservation!



\*All needed supplies will be provided, but participants are encouraged to bring a variety of colorful grocery bags and clean plastic packaging like food, candy and drink wrappers (nothing with foil)

# NEVER MISS OUR NEWSLETTER!

**SUBSCRIBE**

Have our  
newsletter  
emailed  
to you.



Visit

[www.mycommunityonline.com](http://www.mycommunityonline.com)

**THRIVE**  
LOCALLY

**ALLEN**  
MORTUARIES

*Logan  
North Logan*

[www.allenmortuaries.com](http://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**



## New Dance Class



# NEW DANCE CLASS

Rhythm in Motion  
with Kori

Will include dance styles like Tap,  
Ballet, Modern/Jazz

Monday, May 15 @ 11:00am

Wednesday, May 31 @ 10:00am

