

# Cache County Senior Center July 2023

Photo by Mike Bullock



THE ANNUAL

## Talent Show!

FRIDAY, JULY  
28TH  
12-1

SHARE YOUR  
SHOW  
STOPPING  
TALENT AND  
WIN PRIZES!  
SIGN UP AT THE  
FRONT DESK



## MOVIE NIGHT

Wed, July 12th, 6pm

Featured Movie:  
**Book Club: The  
Next Chapter**

2023  
Rated PG-13



Popcorn Provided  
Spots Limited  
RSVP at Front  
Desk



1h 47m

# Field Trips

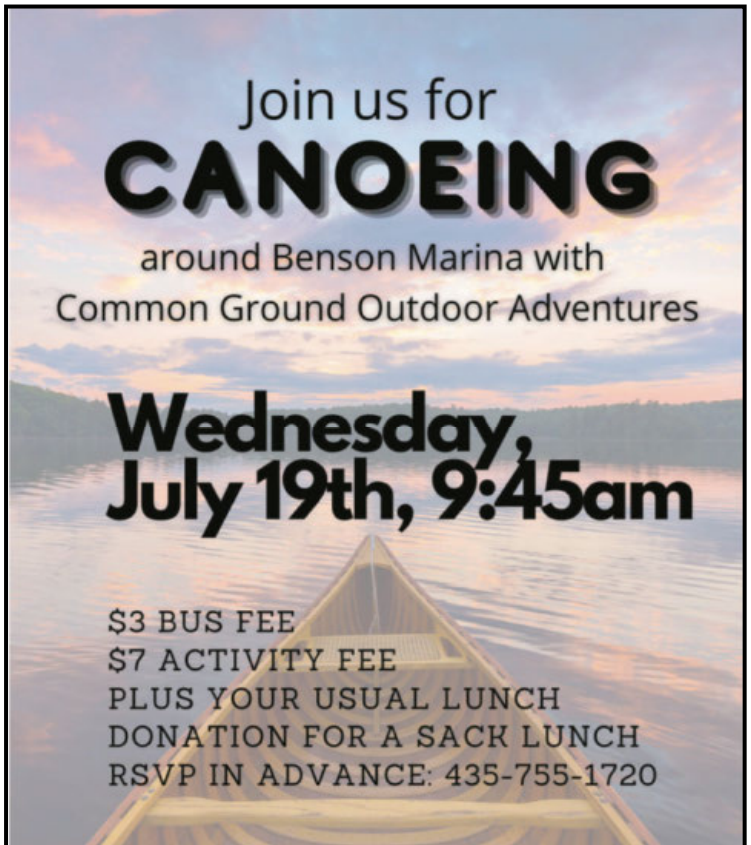


## Pickleball Field Trip

**Thursday, July 27**  
Leaving the Center  
at 8:15 AM

**\$3 Bus Fee**

Spots Limited  
Sign up at the  
Front Desk



Join us for  
**CANOEING**  
around Benson Marina with  
Common Ground Outdoor Adventures

**Wednesday,  
July 19th, 9:45am**

\$3 BUS FEE  
\$7 ACTIVITY FEE  
PLUS YOUR USUAL LUNCH  
DONATION FOR A SACK LUNCH  
RSVP IN ADVANCE: 435-755-1720

## Let's Go Hiking!

Join us for a guided nature walk at Green Canyon  
with Jesse, our staff ecologist

**Wednesday, 5 July, leaving from the  
senior center at 10am**

**\$3 bus fee**  
**Must sign up at front desk, spots limited**



## Out to Lunch Bunch is visiting...



**THE GREEK  
STREAK II**

**Thursday, July 13th**  
Leaving the center at 11:30am  
\$2 bus fee | RSVP at 435-755-1720



# 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 (\$2,845 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 Shanna Andersen at 435-713-1460.

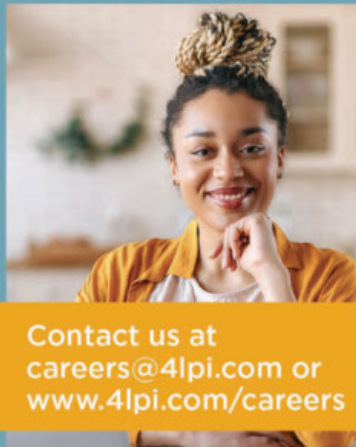
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- Serve your community



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# 2023 CACHE COUNTY TAX RELIEF INFORMATION

The Cache County Clerk/Auditor's office would like to inform the community of the tax relief options available through our office. We would like all eligible applicants to be able to seek and receive the tax relief they qualify for. In 2022 Cache County awarded over \$1,271,505 in property tax relief to approximately 914 qualifying residents.

Cache County has a variety of property tax relief programs:

- Veteran with a Service Related Disability
- Active Duty Armed Forces
- Blind, Homeowner's Tax Credit (Circuit Breaker)
- Indigent (Hardship)

All applications must be submitted on an annual basis with the exception of the disabled veteran's exemption that only has to be renewed when there is a change in circumstance like percentage of disability, ownership, or residency. Only the primary residence and up to one acre of primary residential land is eligible for tax relief.

Applications are due by September 1<sup>st</sup> according to Utah State law; All applicants must complete an application by the deadline and **provide all requested documentation to verify eligibility**. Application forms are available online at <https://www.cachecounty.org/auditor/abatement/> or can be picked up in the Cache County Tax Administration office at 179 North Main Suite 112.

The circuit breaker and hardship programs require income verification as they are designed to provide assistance to home owners that have income below statutorily mandated levels. We strongly encourage low income applicants to apply early each year starting in May as proving income eligibility through financial documentation can be a time consuming process.

The **circuit breaker** program is aimed at helping low-income, full year residents older than 66 with

a gross annual income of less than \$38,369. Applicants must complete an application and provide prior year income verification documentation as determined by the auditor's office.

**Hardship** assistance is handled on a "case-by-case" basis and requires the applicant to complete an application and the Low Income Supplemental Packet. In addition to prior year income verification they must provide proof of extreme hardship or medical disability. Each hardship case will be reviewed and decided by the Cache County Council.

The military and blind programs are not income based, but do require eligibility documents. The **blind** program exempts the first \$11,500 of property from taxation, and requires the application and a statement from a licensed ophthalmologist verifying legal blindness. The **active duty** program is for those currently serving who can provide satisfactory evidence of "qualifying active duty military service" which means 200 or more days in any continuous 365 day period. Required documents include an application and travel vouchers detailing actual dates served outside of Utah. The **disabled** veteran program requires the certificate of discharge, and a military statement listing the percentage of service related disability to be submitted with the initial application.

We realize there are times when tax relief is needed and our office is honored to help members of our community who have questions about these tax relief programs. Citizens may inquire with the Tax Administration office at 179 North Main Suite 112 in person or may call my office (435)755-1706 during office hours Monday thru Friday 8:00 a.m. to 5:00 p.m.

*Dianna Schaeffer*  
Tax Administration Supervisor

## Lunch Series | Tuesday Movies



# July

## Lunch & Learn & TED Talk

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

- July 06: Healthy Aging, with Tim Keady, USU Extension
- July 06 @ 12:45: TED Talk - What reality are you creating for yourself?
- July 11: Garden Tips with JayDee Gunnell, USU Extension
- July 17: Nutrition with Jenna, followed by cooking demo @ 1:00
- July 18: All about Whales, with Jesse
- July 20: Summer Party!
- July 27 @ 12:45: TED Talk - Choice, happiness, and spaghetti sauce



# NOW SHOWING



Movies every Tuesday at 1pm

**July 11:** Ant-Man and the Wasp:  
Quantumania (2023, PG-13, 2h 05m)

**July 18:** Some Like it Hot  
(1959, PG, 2h 12m)




**July 25:** Wild Life  
(2023, PG-13, 1h 33m)

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that Support our  
Community!






# July 2023

Monday	Tuesday	Wednesday
<p><b>3</b></p> <p>9:30 Walking Group            11:00 Bingo            12:30 Jeopardy            1:00 Technology Class: Cell Phones</p>	<p><b>4</b></p>  <p><b>CLOSED</b></p>	<p><b>5</b></p> <p><b>10:00 Field Trip: Nature Hike—Green Canyon (\$3)</b></p>
<p><b>10</b></p> <p>9:30 Walk with Ease (1 of 6)            11:00 Music Bingo            11:00 Class: <i>What to Do When a Loved One Dies</i>, Mel Parker            12:30 Jeopardy            12:00 - 4:00 AARP Safe Driving</p>	<p><b>11</b></p> <p>11:00 Cooking Class w/ Jesse (\$2)            12:10 Lunch &amp; Learn: Garden Tips with JayDee Gunnell, USU Extension            1:00 Movie: <i>Ant-Man and the Wasp: Quantumania</i> (2023, PG-13, 2h 05m)</p>	<p><b>12</b></p> <p><b>11:00 Horseshoes Tournament</b>            12:45 Wii Bowling  <b>6:00 Movie Night: Book Club: <i>The Next Chapter</i> (2023, PG-13, 1h 47m)</b></p>
<p><b>17</b></p> <p>9:30 Walk with Ease (2 of 6)            10:00 Creative Aging Art Class            11:00 Rhythm in Motion Dance            11:00 Bingo            12:10 L&amp;L: Nutrition with Jenna            1:00 Cooking Demo with Jenna</p>	<p><b>18</b></p> <p>10:00 Breakfast Club            12:10 Lunch &amp; Learn: All about Whales  <b>12:45-3:00 Commodities</b>            1:00 Movie: <i>Some Like it Hot</i> (1959, PG, 2h 12m)</p>	<p><b>19</b></p> <p><b>9:45 Field Trip: Canoeing! (\$10)</b></p>
<p><b>24</b></p> <p><b>CLOSED for Pioneer Day</b></p> 	<p><b>25</b></p> <p><b>11:00 Croquet Tournament</b>            1:00 Movie: <i>Wild Life</i> (2023, PG, 1 H 33m)</p>	<p><b>26</b></p> <p>11:00 Art with Jump The Moon            12:45 Wii Bowling            2:15 Book Club: <i>Educated</i></p>
<p><b>31</b></p> <p>9:30 Walk with Ease (3 of 6)            11:00 Rhythm in Motion Dance            11:00 Bingo            12:30 Jeopardy            1:00 Caregiver Academy (1 of 6)</p>		

# July 2023

<b>Thursday</b>	<b>Friday</b>
<p><b>6</b></p> <p>11:15 Card-making with Brenda</p> <p><b>12:10 Lunch &amp; Learn: Healthy Aging, Tim Keady/USU Extension</b></p> <p>12:45 TED Talk: <i>What reality are you creating for yourself?</i></p>	<p><b>7</b></p> <p>10:00 Sewing: Table Runner of the Month (\$3)</p> <p>11:00 Stretches and Strength Training</p> <p>11:00 Blood Pressure</p> <p>1:00 Technology Assistance</p>
<p><b>13</b></p> <p><b>11:30 Out to Lunch Bunch: Greek Streak 2 (\$2 bus fee)</b></p>	<p><b>14</b></p> <p>10:00 Open Sewing (\$3)</p> <p>11:00 Stretches and Strength Training</p> <p>11:00 Music-making with Boomwhackers</p> <p>1:00 Technology Assistance</p>
<p><b>20</b>     <b>11:00 SUMMER POOL PARTY</b></p> 	<p><b>21</b></p> <p>10:00 Sewing: Project of the Month (\$3)</p> <p>11:00 Craft with Jesse (\$2)</p> <p>11:00 Stretches and Strength Training</p> <p>11:00 Blood Pressure</p> <p>1:00 Technology Assistance</p>
<p><b>27</b></p> <p><b>8:15 Pickle Ball Field Trip (\$3)</b></p> <p>11:00 Poker</p> <p>12:30 Craft &amp; Chit Chat (\$3)</p> <p>12:45 TED Talk: <i>Choice, happiness, and spaghetti sauce</i></p>	<p><b>28</b></p> <p>10:00 Open Sewing (\$3)</p> <p>11:00 Stretches and Strength Training</p> <p><b>12:00 Talent Show</b></p> <p>1:00 Technology Assistance</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  
 10:30 Writers Group  
 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  
 10:30 Sit & Be Fit w/ Darrell  
 11:00 Chair Yoga  
 12:30 Mahjong  
 2:30 Clogging

### Friday

10:00 Painting Group  
 11:00 Stretches and Strength Training  
 1:00 Tai Chi  
 1:00 Tech Assistance  
 2:15 Mindfulness Group

## Minimizing the Risk of Scams for People Living with Dementia



Financial crime against older Americans is a growing problem. People living with dementia are at an especially high risk of becoming victims of fraud and financial abuse.

That's why we're grateful for Social Security's unwavering commitment to combatting fraud.

As their memory and other thinking skills decline, people with dementia may struggle to make financial decisions. They may not remember or report the abuse – or understand that someone is taking advantage of them. This abuse can occur anywhere – including at home or in care settings.

Victims of fraud who are 80 years and older lose an average of \$39,200 every year. Studies show that financial exploitation is the most common form of elder abuse. However, only a small fraction of these incidents are reported.

You can help protect others by learning to recognize common signs of financial exploitation and abuse, including:

- Unopened bills.
- Unusual or large purchases.
- Utilities being shut off due to unpaid bills.
- Giving money to telemarketers or soliciting companies.
- Unexplained withdrawals from the person's bank account.

There are also many simple things that caregivers can do to reduce the risk of financial abuse and fraud for people with dementia and similar conditions, like Alzheimer's. Do your best to make sure they're involved in deciding which safety measures to put into place.

Some options include:

- Agreeing to spending limits on credit cards.

Signing up for the "Do Not Call" list at [DoNotCall.gov](http://DoNotCall.gov).

- Setting up auto-pay for bills instead of paying them by check.
- Signing up to receive automatic notifications for withdrawals from bank accounts or large charges to credit cards.
- Requesting electronic bank and credit card statements and watching for unusual purchases or changes in how the person typically spends money.
- Asking credit card companies to stop sending balance transfer checks and opting out of future solicitations.
- Creating a separate account where you can keep a small, agreed-upon amount of money that the person can use for recreational activities, meals with friends, etc.

**To learn more, please call the Alzheimer's Association's 24/7 Helpline at 800-272-3900.**

**Save on your Insurance !**

Call Kent @ 435-890-5901 to reserve your spot.

**AARP Smart Driver Course**  
Class will be held at the Cache County Senior Center the 2nd Monday of every month.  
12 pm-4pm  
**\$20.00 AARP Members \$25 for non-members**

Cache County Senior Center  
240 N 100 E  
Logan



Must complete senior center registration form to attend



# Events

A vibrant, tropical-themed illustration for a summer party. At the center is a wooden barrel with the words "Summer Party" written in a white, cursive font. The barrel is surrounded by various beach items: a red and yellow striped beach umbrella, a red and white beach ball, a pair of yellow sunglasses, a blue starfish, and a colorful beach ball. The background features a blue sky with green palm leaves and a blue ocean with waves. The scene is set on a sandy beach.

**THURSDAY, JULY 20TH 11-1**

BEACH VOLLEY BALL, SQUIRT GUNS AND GAMES AT 11AM FOLLOWED  
BY A BBQ LUNCH AND LIVE MUSIC UNDER THE BOWERY AT NOON

BLENDING DRINKS PROVIDED . FREE ENTRY

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# July

Monday	Tuesday	Wednesday	Thursday	Friday
3 <b>Salisbury Steak</b> Mashed Potatoes & Gravy Sun-Shine Carrots Pears	4 	5 <b>Chicken Cordon Bleu Casserole</b> Peas & Carrots Sliced Oranges	6 <b>Citrus Chicken Salad</b> Fresh Fruit Raspberry Coconut Magic Bars	7 <b>Turkey Sandwich</b> Cucumber Salad Mandarin Oranges Lays Potato Chips
10 <b>Breaded Fish Taco</b> Coleslaw Peaches	11 <b>Chicken &amp; Stuffing</b> Sweet Potatoes Fresh Fruit Whole Wheat Roll	12 <b>Chef's Choice</b>	13 <b>Chicken Alfredo Pasta</b> Italian Veggies Mixed Fruit Garlic Bread	14 <b>Ham Sandwich</b> Cucumber Salad Watermelon Sun Chips
17 <b>Veggie Pizza</b> Roasted Parmesan Italian Vegetables Fresh Fruit	18 <b>Garden Cheese Omelet</b> Veggie Hash Sliced Oranges	19 <b>Chicken Tenders</b> Macaroni & Cheese Carrot & Raisin Salad Sliced Apples	20 <b>BBQ Chicken</b> Broccoli Salad Melon Salad Frog Eye Salad	21 <b>Tuna Croissant Sandwich</b> Cheesy Cauliflower Soup Honey Dew
24 <b>Closed for Pioneer Day</b> 	25 <b>Beef Stroganoff</b> Buttered Noodles Capri Veggies Pears Twix Bar	26 <b>Chicken &amp; Broccoli Casserole</b> Glazed Brussel Sprouts Melon	27 <b>Chef's Choice</b>	28 <b>Loaded Beef Burrito</b> Roasted Corn Grape Salad Churro
31 <b>Sloppy Joe</b> Sautéed Zucchini Tropical Fruit Lays Potato Chips	<p style="text-align: center;"> <b>For those 60+ and their spouse the suggested donation is \$3.75.</b>  <b>Don't forget to call in by 3:00 p.m. the day before.</b>  <b>The full cost of the meal is \$10.50 for those under age 60.</b>  <b>Please pay at the front desk to receive your meal.</b>  <b>**The menu is subject to change**</b> </p>			



# Caregiver Academy

## CAREGIVER ACADEMY

Free 6 week workshop starting  
Monday, July 31st at 1pm

### Topics include:

- (7/31) Finding Caregiver Resources
- (8/7) Building Caregiver Resilience
- (8/14) Setting Good Boundaries
- (8/21) Involving Family
- (8/28) Coping with Difficult Behaviors
- (9/11) In-home and Facility Based Care Choices

Please Call 435-755-1720 to Register  
Cache County Senior Citizens Center  
240 North 100 East Logan Utah

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# How to Lower your Prescription Drug Costs

## How to Lower your Prescription Drug Costs

### Cost-saving checklist:



#### **Apply for Extra Help**

You may qualify if you have limited income and assets. If you make less than \$1,843.00 a month (\$2,845 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.



#### **Learn about any State Pharmaceutical Assistance Programs (SPAPs) in your state**

Call your local State Health Insurance Assistance Program (SHIP) to find out whether your state has an SPAP, if you are eligible, and how to apply. Call 877-839-2675 (and say “Medicare” when prompted) or go to [www.shiphelp.org](http://www.shiphelp.org) to contact your SHIP.



#### **Talk to your doctor**

Ask your doctor if a generic drug could work for you. Generic drugs are often less expensive than brand-name drugs.

Ask your doctor if they can provide you with samples of your medication. This is only a temporary solution.

Ask your doctor for assistance with appealing. If your drug is not covered or is covered on a high cost-sharing tier, you may be able to appeal .



#### **Learn about any Patient Assistance Programs (PAPs) that could help you**

Some drug manufacturers offer PAPs. Your doctor may have to apply for you, and eligibility varies based on the program.



#### **Ask your pharmacist to waive your copay**

While they are not allowed to do so routinely, your pharmacist may be able to waive copays on a case-by-case basis.



#### **Look for charity programs that help pay drug costs**

# New Class: Walk with Ease

60+?  
Come  
walk with  
us!

## Walk with Ease

*We'll track our steps, meet our goals, and win prizes along the way!*

**A course from the Arthritis Foundation designed for older adults, to reduce pain and increase mobility. All ability levels welcome.**

9:30am Mondays at the Cache County Senior Center: 240 N 100 E, in Logan

New 6-week class starting July 10th!

Call to register: 435-755-1720 (it's free!)



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- Flood Detection
- Fire Safety
- Carbon Monoxide



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# Health and Wellness

## THE FACTS ON SODIUM AND HIGH BLOOD PRESSURE

Alison Jensen, RDN, MPH

Everybody has sodium in their diet; it's a fact of life. Sodium is an essential nutrient. Some of us, however, may be getting too much, and often we aren't even aware of where it's hiding in the foods we're eating. Learn why lowering your sodium intake may benefit your health.

### Sodium Intake Adds Up

The good news first: Salt has many uses. It raises the boiling point of water, tenderizes meats and enhances the flavor of many foods. The bad news is that table salt contains 2,300 milligrams of sodium per teaspoon. For most people and children 14 years and older, the recommendation is to limit sodium to less than 2,300 milligrams per day. For those with existing blood pressure or other health concerns, the recommendation may be even lower.

It would be difficult to consume that much sodium in one concentrated bite. Instead, sodium intake adds up throughout the day. And based on estimates by the Centers for Disease Control and Prevention, only a small amount of the average Americans' daily intake comes from adding salt to food at the table. Salt in processed and ready-to-eat foods delivers most of the sodium in our diets.

Sodium is prevalent in many of the foods we eat and in excess can be harmful to our health. However, several studies show that decreasing sodium intake can lower blood pressure. Consuming less than 2,300 milligrams of sodium per day for adults can have an additional impact of lowering blood pressure, especially when combined with the Dietary Approaches to Stop Hypertension, or DASH, eating plan, a fruit and vegetable-centered diet that is lower in sodium and fat. Good sources of potassium — an important mineral of the DASH diet which has been shown to help decrease blood pressure — include potatoes, sweet potatoes, squash, beans and orange juice.

### Sodium's Hidden Sources

Beware: Sodium isn't only in salty snacks or the table shaker. Many of the already prepared foods and meals you consume at restaurants, cafes and grab-and-go items at grocery stores have sodium, because it's an inexpensive way to add flavor and is an effective way to preserve foods. Even foods with low to moderate sodium content can lead to a high sodium diet if you consume too much of them.


Topping the list for highest percentage of our daily sodium consumption are items such as bread, cold cuts and cured meats, pizza, fresh and processed poultry, soups, sandwiches (including burgers), cheese and pasta.

## How to Reduce Sodium Intake

The best way to combat high sodium in your daily diet is to watch your intake of highly processed foods. Read the Nutrition Facts label and look for the Daily Value of sodium in the foods you eat. And consider these satisfying options to keep sodium under control: fruits and vegetables, unsalted nuts, legumes and whole grains (including brown rice, oats and barley).

Additional ways to lower sodium intake:


- Get more natural sources of potassium in your diet by including additional servings of fruits and vegetables.
  - Watch portion sizes, especially when it comes to already prepared foods.
  - Limit cured foods, including cold cuts and sausages.
  - Rinse canned foods or look for no-salt added varieties.
  - Choose lower sodium packaged foods.
  - Remove the salt shaker from the table.
  - Increase your intake of whole grains such as brown rice, quinoa, oats, bulgur, whole-wheat pasta and bread, wild rice and popcorn.
  - Include beans, peas and more plant-based sources of protein.
- Substitute crackers and chips with a small amount of unsalted nuts.




## LIFELINE VOUCHERS

Helping people afford vital transportation.


### PROGRAM ELIGIBILITY



Mental Health




Nutrition & Medicine




Health Services


The Lifeline Voucher Program provides a reimbursement of \$0.60 per mile for drivers taking program participants on qualified trips to vital destinations.




Employment



Community Services



Education




FOR MORE INFORMATION CONTACT


Jenny Rodríguez

Mobility Specialist


Bear River Association of Governments  
(435) 713-1449  
jennyr@brag.utah.gov  
www.bearrivermobility.org

PROGRAM PARTNERSHIP





Keeping Utah Moving



CASHI STREET TRANSIT CENTER



# New Seminar



## Monday, July 10th at 11AM "STEPS to Take When a Loved One Dies"

Mel Parker

When a loved one dies there is tremendous emotional loss and at the same time you can be faced with an administrative nightmare.

I am 80 years old and my wife, Susan, is 73 years old. My probability of predeceasing her is over 95%.

Approximately ten years ago I started to work on a complete step-by-step process for my Wife to follow when I die. We now have a file, "Steps to Take Upon the Death of a Loved One," which outlines this process and includes things such as pre-addressed and signed letters and a detailed listing of our assets, etc. I have been teaching this one-hour class for quite a few years both at home in The Villages Florida and in Logan at Utah State University to Summer Citizens, and I will share with you how you can do this for your loved ones.

**RSVP at the Front Desk- Spots Limited**

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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**



Summer is an amazing time to be in Cache Valley. It's such a great place to be that many people come from near and far to visit. They're drawn here by the natural beauty of our farms and mountains, cooler weather, outdoor recreation, arts and culture, yummy food, and the many fun activities and events available to enjoy in Cache Valley. Many of the visitors who enjoy summers in Cache Valley are part of a group referred to as Summer Citizens. These include senior citizens from warmer climates who are especially interested in our cooler weather, but who also enjoy the fun events and activities we have to offer. We're glad to have them come visit us in the summer, along with those vacationing, coming for outdoors adventures, family reunions or day trips.

One of the things I love most about summer in Cache Valley is the Noon Summer Concert and Lecture Series. This incredible series of performances includes free concerts every day from Monday through Friday at noon. Historically, these concerts have been held at the Logan Tabernacle. Because the tabernacle is under renovation, the concerts are being held at the

church building at 200 West 89 South in Logan - right across the street from Logan High School. I often say that Cache Valley has more arts and culture per capita than anywhere else in the world. People like these local performers in the summer concert series are a big part of why we can make that claim. The summer concert series offers a wide variety of musical genres, ranging from instrumentalists to vocalists and opera to cowboy poetry. A special treat during the series is the weekly performance by the Utah Festival Opera and Musical Theatre every Monday.

In addition to the concert series, I hope you will enjoy some of the many other fun and exciting events Cache Valley has to offer, such as the Summerfest Arts Faire, Cruise-In, the Cache County Fair and Rodeo, the Gardners Market at the Historic Courthouse on Saturdays from 9am-1pm, the Center Street Market from 10am-3pm every Wednesday on Center Street in Logan and so many other fun events. Check out [www.ExploreLogan.com](http://www.ExploreLogan.com) for more information.

**David Zook, MPA**  
**Cache County Executive**  
 Cell: (435) 890-9239



I hope you are in good health and high spirits. As the summer sun casts its warm glow upon us, I welcome our summer visitors and invite you to our beloved senior center for a season filled with joy, camaraderie, and countless memorable moments. At our senior center, we have always strived to create a vibrant and welcoming community for individuals like yourself, who bring so much wisdom, experience, and laughter into our lives. Whether you are a longtime member or someone looking to join our center community, I extend a warm invitation for you to join us in the array of activities and events we have planned for the upcoming months. There are so many classes. Our calendar is brimming with opportunities for fun, learning, and social interaction. These activities are created with your interests and well-being in mind. I encourage you to explore your creative side in our art classes, unleash your dancing spirit in our lively dance sessions, or join our book club to engage in stimulating literary discussions. Whatever your passion may be, there is a place for you at our center. The senior center is a place where age is celebrated and experiences are shared, reminding us that life's

journey is best enjoyed in the company of others. For those that live outside of Logan and do not have access to a bus or Call A Ride there is a new program called Life Line Voucher that will essentially reimburse a friend, family member or yourself when needing to access the senior center or other needs in the valley like mental health or health services. The Reimbursement provides up to \$.60 per mile.

On pg. 14 there is an infographic with all the information. One thing to note, this program is for all community members but for older adults 60+ there is no income limit that needs to be met. Even if you do drive and the cost of fuel prevents you from visiting us then you qualify for this program. If you live in Mendon, Wellsville, Richmond etc. this is a great service that can reimburse you, your family member or friend and help you come to our center to access the amazing programs. I hope to meet you soon and welcome you to the center!

**Giselle Madrid**  
*Senior Center Director*