

August 2023

August Events

This August we have so many fun events going on! Be sure to look at the calendar of events on pages 6-7 for times and many other events not listed here!

- 8/2-Cooking Class
- 8/3 - Watermelon Eating Contest
- 8/4 -Nature Hike to Stokes Nature Center
- 8/4-Ice Cream Social
- 8/7-Medicare 101
- 8/8 -Zootah
- 8/9-Horseshoe tournament
- 8/11-Trip to County Fair
- 8/14-AARP Safe Driving
- 8/18-Q & A T-Mobile will be here to answer questions about cell phones
- 8/22- Pool Tournament
- 8/23-Field Trip-Canoeing
- 8/23-Art w/ Jump the Moon
- 8/25- Produce Swap
- 8/30 Craft Class
- 8/31- Fishing at Second Dam



"Aging well is *living well* and it all starts with a combination of activities that can improve our mental and physical well-being," says Dr. Scott Kaiser, chief executive officer of Determined Health, member of the Tivity Health Healthy Aging Coalition and a physician specializing in geriatric medicine. "Although health and wellness may seem to get increasingly complicated with age, it doesn't have to be a struggle. A few simple - and fun - steps can keep us on the healthy aging path. By taking a proactive approach and prioritizing health, seniors can live their best life."

We are excited to announce that we have partnered with *Mather*. *Mather* offers virtual programs for all ages. This partnership will allow you to be involved in activities that promote healthy aging from the comfort of your home! Whether you missed a class at the senior center, or are simply homebound there is still an opportunity to interact and learn with others. With *Mather* you will be connected with a large network of adults that have the same interest as you. The best news is that these virtual classes are FREE! Signup is first come first serve. You will need to have access to a computer and internet. If you are interested in connecting, having fun, and trying new things from the comfort of your home then give *Mather* a try.

You can view the website at : <https://www.mather.com/programs/virtual-programs>

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REGISTER AT
[MATHER.COM/PROGRAMS](https://www.mather.com/programs)



Join Mather Online for Free Virtual Programming

Classes and Programs:

MINDFULNESS AND BRAIN HEALTH



Learn how to boost your brain health, try yoga, or become more mindful in your daily life. Follow the link below for details and a selection of upcoming dates.

AROMATHERAPY

Aromatherapy can have medicinal, relaxing, and rejuvenating effects. Choose from a variety of programs discussing essential oils, flowers, and herbs and their medicinal and health benefits. Necessary materials will be sent ahead of time at no charge.



DISCUSSION GROUPS



Join us to learn about and discuss topics from forgotten women of history to the surprising stories of famous artists and artworks!

MOVEMENT AND DANCE



Let's focus on the physical—our breath, bodies, and balance. Guided sessions offer a chance to stretch, exercise, and even dance!

ART



Join us for virtual art making over Zoom! Learn new techniques and exercise your creativity.

MUSIC



Research shows that music can reduce anxiety, improve sleep, and have a positive effect on brain health. In our online music classes, everyone is welcome to participate, and no experience is necessary.

Executive's Message

Built Upon the Shoulders of our Pioneer Generation

By David Zook, County Executive

I love summer in Cache Valley and how we celebrate with fireworks, parades, food and fun in the sun. We just had an opportunity to celebrate a bonus holiday in July as we commemorated the date when Mormon pioneers entered the Salt Lake Valley on July 24, 1847. Pioneer Day is a day dedicated to the remembrance of the strength, character, ingenuity, and initiative of those incredible people who founded our great state.

The term Greatest Generation has been used to refer to the cohort of Americans born in the first quarter of the 1900s. Our nation is indebted to those of the Greatest Generation who helped us prevail in WWII through brave combat, technological innovations and good old fashioned hard work. In a similar way, I feel a tremendous debt of gratitude toward the Pioneer Generation that established this state, and nearly 500 communities throughout the west. They built homes, planted farms, constructed roads, bridges and dams, dug irrigation canals and even found the time, resources and energy to build things like temples, tabernacles, churches, theaters and schools.

How is it that those pioneers were able to thrive in such harsh conditions, and with only the belongings they could carry, push, pull or haul along thousands of miles of dusty or frozen trails? When they arrived, there were no factories, stores, rail lines, highways or hospitals. They had to build all of those things. I've read stories from my family history and our community histories about the hard work, struggles and challenges they faced to build the community we often take for granted. One such story was about my third great grandfather, Neriah Lewis, who was known for his physical strength, as well as his kindness and character. Neriah carried logs on his shoulders down from our mountains to build the fort in Richmond, Utah. He later carried those logs to build his barn and other buildings in the community.

As I think about the community we are now blessed to live in, which was built upon the shoulders of our pioneer forebears, I wonder what legacy we should leave for those who come after us. What heavy logs should we be shouldering today to make our community a better place? I think they should include things like building better transportation infrastructure, improving the way we help those struggling with mental health or substances, preserving safety in our community, and planning for ways that our youth can continue to live in our community, so they can raise their kids here too. I hope we can look to the pioneers who did so much for us to find inspiration in their strength, character, ingenuity and initiative to figure out ways we can follow their example today. If so, there is a chance that the heritage we leave for future generations will be just as rich as the one we inherited.

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VOLUNTEERS!

VOLUNTEERS SHOULD HAVE A GOOD DRIVING RECORD,
MUST PASS A BACKGROUND CHECK, AND BE AVAILBLE
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DELIVERY TIME (11-12:30)
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435-755-1720 OR
MAURIANNA.SHELBOURN@
CACHECOUNTY.ORG
FOR MORE INFO AND TO
GET YOUR APPLICATION
STARTED TODAY!

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 \$16,660 (\$33,240) 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.

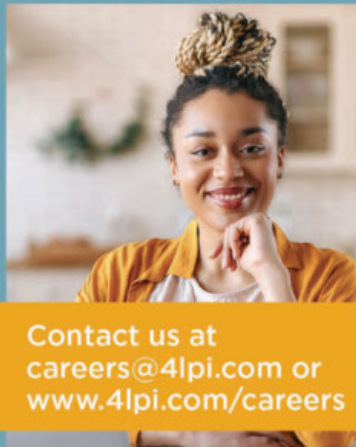
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Medicare

Around half of people with Medicare get their health coverage from Original Medicare (OM) and the other half from Medicare Advantage (MA), also known as a Medicare private health plan or Part C. Individual needs, preferences, and priorities typically guide these enrollment choices. Below are key OM-MA alignments and differences that beneficiaries often consider when deciding between the two coverage pathways.

Key Alignments

Original Medicare and Medicare Advantage

• Initial Enrollment.

MA is an option for people who are enrolled in both Part A (inpatient/hospital coverage) and Part B (outpatient/medical coverage). People can join an MA plan when they are first eligible for Medicare during their Initial Enrollment Period, or if they enroll later during either a Special Enrollment Period or the General Enrollment Period.

• Coverage Changes.

Typically, a beneficiary can only change from one MA plan to another or switch between MA and OM (or vice versa) during specific times each year. This can effectively “lock in” an individual’s coverage choice for up to one year.

• Medicare Benefits.

OM includes Part A and Part B. MA plans must also cover these services, but may apply different rules, costs, and restrictions.

• Prescription Drugs.

MA and OM enrollees can both access Part D prescription drug coverage. People in OM can purchase a stand-alone private drug plan (PDP). Most MA plans offer drug coverage as part of the plan (MAPD); a small number of MA enrollees may purchase a separate PDP.

• Low-Income Assistance.

Financial assistance is available to help people with OM and MA better afford their coverage and care:

• Health Care.

Medicaid can help people with very low incomes and assets pay their Medicare costs, like premiums, copays, and deductibles. It also covers services Medicare does not, such as dental care

and transportation to medical appointments. Those who don’t qualify for Medicaid but are still struggling to pay for care may be eligible for the state-administered Medicare Savings Programs (MSPs), which often have more generous income and asset limits than Medicaid. MSPs pay enrollees’ monthly Part B premium and may cover deductibles and coinsurances as well.

• Prescription Drugs.

People with Part D, whether through a PDP or an MAPD, may qualify for the federally-funded and administered Low-Income Subsidy (LIS). Also called Extra Help, this program can considerably lower an enrollee’s out-of-pocket drug costs considerably. Some states also offer help with prescription drug affordability through State Pharmaceutical Assistance Programs (SPAPs) that may have additional eligibility requirements.

• International Travel or Living Abroad.

In general, care is not covered by either OM or MA for those traveling or living abroad. People with OM can purchase Medigap supplemental insurance that covers some emergency care outside the United States.

Key Differences

Original Medicare and Medicare Advantage

• Choice of Provider.

Most doctors in the country take Medicare, allowing OM enrollees to see the provider or specialist of their choice without network considerations or referrals. MA plans typically have network restrictions that can limit enrollee access to providers in the plan’s network. Determining what providers are in-network can be difficult; MA networks can change at any time, and provider directories are unreliable. MA plans may also require referrals and impose utilization management requirements like prior authorization on specialist services or even routine care.

Continued on page 8.

Tuesday Movies



NOW
SHOWING

Movies every Tuesday at 1pm



August 01: Hunt for the Wilderpeople (2016, PG-13, 1h 41m)- A national manhunt is ordered for a rebellious kid and his foster uncle who go missing in the wild New Zealand bush.

August 08: How to Live Forever (2011, NR, 1h 32m)-Director Mark Wexler embarks on a worldwide trek to investigate just what it means to grow old and what it could mean to really live forever. But whose advice should he take?

August 15: Vertigo (1958, PG, 2h 09m)-A former San Francisco police detective juggles wrestling with his personal demons and becoming obsessed with the hauntingly beautiful woman he has been hired to trail, who may be deeply disturbed.

August 22: Captain Phillips (2013, PG-13, 2h 13m)-The true story of Captain Richard Phillips and the 2009 hijacking by Somali pirates of the U.S.-flagged MV Maersk Alabama, the first American cargo ship to be hijacked in two hundred years

August 29: O Brother, Where Art Thou? (2000, PG-13, 1h 46m)-In the deep south during the 1930s, three escaped convicts search for hidden treasure while a relentless lawman pursues them.



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August 2023

Monday	Tuesday	Wednesday
	<p>1 12:10 L&L: Lessons from a Hospice Chaplain, Dan Judd</p> <p>1:00 Movie: <i>Hunt for the Wilderpeople</i> (2016)</p>	<p>2 <i>Relaxation Day</i></p> <p>11:00 Cooking Class (\$2)</p> <p>1:00 Stress Reduction Class</p>
<p>7 9:30 Walk with Ease (5 of 6) 11:00 Music Bingo 11:00 Medicare 101 1:00 Caregiver Academy (2 of 6)</p>	<p>8 10:00 Field Trip: Zootah (\$5)</p> <p>1:00 Movie: <i>How to Live Forever</i> (2011)</p>	<p>9 11:00 Horseshoe Tournament</p> <p>12:10 L&L: USU Alzheimer's and Dementia Research Center, Becka Schultz</p>
<p>14 9:30 Walk with Ease (6 of 6) 12-4:00 AARP Safe Driving 1:00 Caregiver Academy (3 of 6)</p>	<p>15 12:45-3:00 Commodities</p> <p>1:00 Movie: <i>Vertigo</i> (1958)</p>	<p>16 12:45 Wii Bowling</p>
<p>21 9:30 Walking Group 11:00 Bingo 12:10 L&L: Nutrition with Jenna, USU Extension 1:00 Cooking Demo with Jenna 1:00 Caregiver Academy (4 of 6)</p>	<p>22 10:00 Pool Tournament 12:10 L&L: Alzheimer's, Dementia, and Parkinson's, with Dr. Ira Crawford</p> <p>1:00 Movie: <i>Captain Phillips</i> (2013)</p>	<p>23 10:00 Field Trip: Canoeing! (\$10)</p> <p>11:00 Art with Jump The Moon</p> <p>6-8 Evening Movie: Fall (2022)</p>
<p>28 9:30 Walking Group 11:00 Bingo 1:00 Caregiver Academy (5 of 6)</p>	<p>29 10:00 Brain Games with Jesse</p> <p>1:00 Movie: <i>O Brother, Where Art Thou?</i> (2000)</p>	<p>30 11:00 Craft (\$2)</p> <p>12:45 Wii Bowling</p> <p>2:00 Book Club: <i>Where the Crawdads Sing</i></p>

August 2023

Thursday

3 *Watermelon Day*

11:15 Card-making with Brenda

12:10 **Watermelon Eating Contest**

12:45 TED Talk: *Inside the mind of a master procrastinator*

10



17

11:30 **Out to Lunch Bunch: Tandoori Oven**

24

11:00 Poker

12:10 L&L: Diabetes w/Pam Chapman, BRHD

12:30 Craft and Chit Chat (\$1)

31

9:00 **Field Trip: Fishing at 2nd Dam (\$2)**

12:45 TED Talk: *Depression, the secret we share*

Friday

4

10:00 **Field Trip: Nature Hike to Stokes Nature Center (\$3)**

10:00 Sewing: Table Runner of the Month (\$3)

11:00 Blood Pressure

12:00 **Ice Cream Social: Farewell Summer Citizens**

11

10:00 Open Sewing (\$3)

10:00 **Field Trip: Cache County Fair (\$2)**

1:00 NO Tech Assistance

18

10:00 Sewing: Project of the Month (\$3)

11:00 Blood Pressure

1:00 **Q&A about Cell Phones with T-Mobile Representative**

25

9:00-1:00 Produce Swap

No Sewing Today

11:00 Music Making w/ Boomwhackers

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

Medicare

- **Annual Coverage Changes.**

Since plan benefit packages, costs, and coverage rules, as well as an enrollee's health needs and individual circumstances, can change from year-to-year, all MA and Part D enrollees are encouraged to assess their coverage annually and to make any coverage changes during Fall Open Enrollment, which runs from October 15 to December 7. MA enrollees can also switch from one MA plan to another, or to OM, during the Medicare Advantage Open Enrollment Period. It occurs each year from January 1 through March 31.

- **Access to Medigap.**

Medigap policies can help OM enrollees pay their out-of-pocket Medicare costs, including deductibles, coinsurances, and copayments, often reducing cost-related problems. People with MA are not eligible to purchase Medigap supplemental insurance. Although there are federal annual enrollment periods that allow beneficiaries to change MA plans, there are no similar national-level Medigap enrollment flexibilities. States can offer additional protections, but affordable Medigap access is typically only guaranteed during very limited times. This can be a barrier to switching from MA to OM.

- **Costs.**

People with OM are typically responsible for Medicare premiums and coinsurance for any covered services they receive after meeting their deductibles. MA enrollees are also responsible for the Medicare Part B premium, but MA plans can apply different cost-sharing than OM. Most require deductibles and copayments; they may also assess an additional monthly premium.

- **Out-of-Pocket Limit.**

Since 2011, federal rules have required MA plans to limit annual enrollee costs for services provided under Parts A and B. In 2023, this cap is \$8,300 for in-network services, though plans have the flexibility to set a lower threshold. After an enrollee's spending reaches the plan's out-of-pocket limit, they pay nothing for the remainder of the year. There is no similar protection in OM, but beneficiaries can purchase a Medigap policy to limit their out-of-pocket risk.

- **Utilization Management.**

In general, OM does not use utilization management techniques, like requiring enrollees to obtain prior authorization before receiving services. By contrast, most MA plans use these strategies to contain costs. Recent watchdog reports suggest millions of MA enrollees are subject to prior authorizations each year, and that a significant percentage of the resulting coverage denials are inappropriate.

- **Supplemental Benefits.**

MA plans may offer benefits not available to people with OM, including dental care and gym memberships. These "extra" services may come at a cost, such as higher premiums, and can be quite limited. Little is known about the use or efficacy of supplemental benefits, or if they are being delivered as advertised, signaling a need for greater transparency.

- **Domestic Travel.**

People with OM can go to nearly any doctor or hospital in the country, whether they are at home or traveling in another state. MA enrollees may have limits on what providers they can see outside of their plan's service area.

When choosing between OM and MA, or between MA plans, there are important considerations for beneficiaries. There is no one "right" answer. Whether MA or OM, with or without a Medigap, is the best choice depends on personal circumstances, health and financial considerations, and other priorities.

Caregiver Tips

Caregiver tips to prevent burnout and promote self care

Being a caregiver is a selfless act of love, but remember to prioritize your well being too!

1. Delegate and accept help—Don't be afraid to ask for assistance from family, friends, or support services. Sharing caregiving responsibilities can lighten your load.
2. Take breaks—Schedule regular breaks for yourself, even if it's just a short walk or a moment of quiet reflection. Your well being matters too!
3. Engage in self care activities—Find activities that bring you joy and relaxation, such as reading painting, listening to music or enjoying a hot bath. Remember, self-care is necessary!
4. Prioritize your health—Don't neglect your physical and mental health. Eat nutritious meals, exercise regularly, and ensure regular check-ups with your healthcare provider.

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August 2023

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Hawaiian Haystacks Buttered Peas Mandarin Oranges	2 French Dip Three-Bean Salad Watermelon Cookie 	3 Pulled Pork Sandwich Coleslaw Mixed Fruit Lays Chips Pickle	4 Chef's Choice
7 Pinto Bean & Ham Soup 1/2 Turkey Sandwich Crudités Pears	8 Shredded Chicken Tacos Southwest Corn Fresh Fruit Churro	9 Pork Chops Mashed Potato w/ Mushroom Gravy Green Beans Peaches	10 Turkey Pita Sandwich Carrot Salad Mixed Fresh Fruit	11 Sheppard's Pie Sunshine Carrots Grape Salad
14 Pot Roast Mashed Potatoes Sautéed Vegetables Mixed Fruit Ambrosia Salad	15 Loaded Baked Potato Green Beans Fruit Salad	16 Salmon Roasted Zucchini Mixed Fruit Chips	17 Chef's Choice	18 Corned Beef Cabbage Soup Creamed Peas Oranges
21 Chicken Pesto Cavatappi Buttered Peas Mandarin Oranges Wheat Roll	22 Hamburgers w/ all the Fixins Broccoli Salad Watermelon	23 Baked Ziti Buttered Corn Apple Salad Slice of Bread	24 Pot Roast Casserole Roasted Brussel Sprouts Watermelon Roll	25 Teriyaki Chicken Jasmine Rice Stir Fry Veggies Mandarin Oranges Fortune Cookie
28 French Toast Sausage V8 Berry Fruit Mix	29 Sweet & Sour Meatball Jasmine Rice Glazed Brussel Sprouts Tropical Fruit	30 Sausage Lentil Soup 1/2 Ham Sandwich Crudités Mixed Fruit	31 Chef's Choice 	

For those 60+ and their spouse the suggested donation is \$3.75. Please call in by 3:00pm 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.
Menu is subject to change.

Field Trips

WE ARE GOING TO THE
CACHE COUNTY FAIR

**FRIDAY, AUGUST 11
10-12**

We will be dropped off at 10am and have time to look at the exhibits and eat some lunch
The bus will bring us back to the Center at 12pm

\$2.00
MUST RSVP AT FRONT DESK



FISHING FIELD TRIP

We are going on a fishing field trip!
You **MUST** get your own license and have your own gear.

**Thursday, August 31st
9:00am -- 11:00am**
\$2.00 Bus fee- Must RSVP


The bus will take us to Second Dam



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COVERAGE FOR COVID-19 TESTS APRIL 2023

Testing remains an important tool in combating the spread of COVID-19

What you need to know:

The COVID-19 Public Health Emergency is expected to end on May 11, 2023. Until then, if you have any type of health insurance, you can get up to eight over-the-counter tests per month with no out-of-pocket costs. Over-the-counter tests are available in most pharmacies and may also be available online for delivery.

After May 11, 2023

Laboratory tests for COVID-19 that are ordered by your provider will still be covered with no out-of-pocket costs for people with Medicare. Over-the-counter tests will still be available, but there may be out-of-pocket costs. Coverage of over-the-counter tests may vary by your insurance type, as described below.

Medicare

Generally, Medicare doesn't cover or pay for over-the-counter products. The demonstration that has allowed us to offer coverage for COVID-19 over-the-counter tests at no cost ends on May 11, 2023. However, if you are enrolled in Medicare Part B, you will continue to have coverage with no out-of-pocket costs for appropriate laboratory-based COVID-19 PCR and antigen tests, when a provider orders them (such as drive-through PCR and antigen testing or testing in a provider's office). If you are enrolled in a Medicare Advantage plan, you may have more access to tests depending on your benefits. Check with your plan.

Medicaid or Children's Health Insurance Program

If you have coverage through Medicaid or the Children's Health Insurance Program, you will have access to COVID-19 over-the-counter and laboratory testing through September 30, 2024. After that date, coverage of testing may vary by state.

Private Insurance

If you have private insurance, coverage will vary depending on your health plan. However, private plans won't be required

by federal law to cover over-the-counter and laboratory-based COVID-19 tests after May 11, 2023. If your insurance chooses to cover COVID-19 testing, they may require cost sharing, prior authorization, or other forms of medical management. Before you throw out "Expired" tests, remember that expiration dates on some tests have been extended. For more information, please see: www.fda.gov/medical-devices/coronavirus-covid-19-and-medical-devices/home-otc-covid19-diagnostic-tests#list

How much physical activity do older adults need?

As an older adult, regular physical activity is one of the most important things you can do for your health. It can prevent or delay many of the health problems that seem to come with age. It also helps your muscles grow stronger so you can keep doing your day-to-day activities without becoming dependent on others.

Keep in mind, some physical activity is better than none at all. Your health benefits will also increase with the more physical activity that you do.

Adults aged 65 and older need:

- At least 150 minutes a week (for example, 30 minutes a day, 5 days a week) of moderate-intensity activity such as brisk walking. Or they need 75 minutes a week of vigorous-intensity activity such as hiking, jogging, or running.
- At least 2 days a week of activities that strengthen muscles.
- Plus activities to improve balance, such as standing on one foot.
- If chronic conditions affect your ability to meet these recommendations, be as physically active as your abilities and conditions allow.



Events/Activities

Field Trips

WITH THE CACHE COUNTY SENIOR CENTER

Hike to the Stokes Nature Center

04 August @ 10am | \$3



Zootah! (Cache Valley's own Zoo!)

08 August @ 10am | \$5



Canoeing at Cutler Marsh

23 August @ 10am | \$10

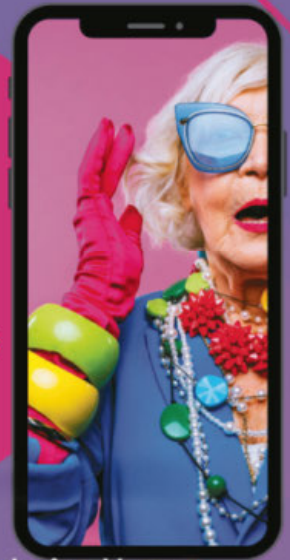


RSVP and pay at the front desk

Do Have Questions About Your Cell Phone? Join us on Aug. 18th to Get Answers to your Questions.

Cell Phone Q&A

with a T-Mobile Representative



We will meet in the Cafeteria at 1:00 pm.

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How to Use Your EBT Card on DoorDash

For many Americans, online grocery shopping and delivery is a luxury—a convenient service that saves time in their busy schedule. But for older adults who can't easily access grocery stores, food delivery can be a lifeline.

"Housebound seniors, people who might be immunocompromised and may come with different mobility challenges and needs—they may live in places that are far distant from the grocery store," Ellen Vollinger, Supplemental Nutrition Assistance Program (SNAP) director at the Food Research and Action Center, told Marketplace.

Food insecurity—a problem affecting nearly a quarter of Americans—has grown with rising inflation and the end of temporary SNAP benefit increases put in place during the pandemic. To improve food access for millions of people, many food retailers and delivery service platforms are now combining online grocery shopping and delivery with SNAP purchasing power.

SNAP is the largest public food assistance program in the nation, helping low-income older adults buy the fresh food they need to stay healthy and age well. In April 2023, nearly 3.7 million SNAP households shopped online, according to the U.S. Department of Agriculture—a jump from March 2020, when only 35,000 SNAP households did their shopping online.

DoorDash is the latest app-based delivery service to welcome SNAP payments. The company joins others like Amazon, FarmboxRx, Instacart, Target, and Walmart who already allow SNAP recipients to use their EBT card online to pay for grocery delivery and pickup. Online purchasing with SNAP benefits is now available in all 50 U.S. states and the District of Columbia.

In a company press release, Fuad Hannon, Director of New Verticals at DoorDash, explained: "The rise of on-demand grocery delivery has had a transformational impact on food access. This is especially true for vulnerable populations, including seniors, people living in food deserts, and those facing disability or transportation barriers."

What is DoorDash?

DoorDash is a popular online food ordering and delivery platform. To use this service, you can download a mobile app (on the App Store or Google Play Store) or visit the DoorDash website and place orders with restaurants and grocery stores. The company works with independent contractors (called "Dashers") who pick up your order from the site and deliver it straight to your door.

Like with many other delivery services, DoorDash orders come with costs beyond the cost of the food itself. This includes delivery fees, service fees, and fees for small orders and deliveries outside the normal mileage range. Frequent users can get unlimited deliveries with no delivery fee and reduced service fees by signing up for DashPass (DoorDash's

subscription service).

Can I order fast food with my EBT card on DoorDash?

No. SNAP recipients may only purchase SNAP-approved grocery items with their EBT cards.

How do I use EBT card on DoorDash?

To use your SNAP benefits on DoorDash, you need to create a new DoorDash account if you don't have one. You can then add your EBT card information to your account and keep it safely stored there.

When you're shopping with the DoorDash app or website, look for stores and products featuring a SNAP label. SNAP-approved items include:

- Fruits and vegetables
- Bread and cereal
- Meat, poultry, and fish
- Condiments, spices, and seasonings
- Dairy products
- Baked goods
- Snacks
- Beverages (water, iced tea, fruit juice, etc.)

When you reach checkout, choose the option "Pay with SNAP" and enter the amount you'd like applied toward your EBT card. You can view your remaining SNAP/EBT account balance by entering your card pin.

It's possible to purchase SNAP-eligible and non-SNAP-eligible items at the same time. However, items in your cart that are not SNAP-eligible—along with any taxes, DoorDash fees, and any driver tip—must be paid using a different method. You can add another debit or credit card to your DoorDash account as a default option for covering non-SNAP items.

How can I learn more about SNAP benefits?

If you're finding it difficult to pay for groceries—and even skipping meals to make ends meet—SNAP may be able to help.

For Linda Hodges, 62, SNAP assistance came right when she needed it. Out of work and living on her own, she was having trouble affording food. Linda had heard about SNAP and reached out to one of our Benefits Enrollment Centers (BECs) for help in completing the online application. After she started receiving her benefits, Linda felt a flood of relief. "Knowing there was some help out there made me feel like I could keep pushing," she told us. "This is not going to last forever, and at least I can eat."

Want to learn more about SNAP and how to apply? Visit BenefitsCheckUp.org and enter your ZIP code. From there you can get more SNAP info, including how to apply, and you can also browse other money-saving benefits programs in your area.

"The average monthly SNAP benefit for a senior living alone is \$105. But nearly half of older adults who qualify for the program do not take advantage of it," says Brandy Bauer, Director of the MIPPA Resource Center.

Events/Activities

LET'S SAY FAREWELL

TO OUR
SUMMER CITIZENS FRIENDS
WITH AN
ICE CREAM SOCIAL
FRIDAY, AUGUST 4TH AT
LUNCH



PRODUCE SWAP DAY

Bring your extra bounty and share it with your friends on a table in the front of the building on Friday, August 25th from 9am - 1pm
Bring your own bags
All leftovers will be thrown away



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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 1st 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