

Cache County Senior Center

September 2023

We blinked and fell into fall! My oh my did time fly. This summer was wonderful, wouldn't you agree? Thinking back on the summer events at the center, we had fun trips, out to lunch dates, presentations, parties, summer picnic and much more! I hope you too enjoyed summer as much as we did. There are so many new fun activities planned for fall. We hope you join us!!

A thank you to those of you that filled out the survey. Based on the results;

- 65 % felt that the center "helps a lot" with physical health
- 75 % felt that the center "helps a lot" with mental well being
- 74% felt that the center "helps a lot" with social life
- 94% felt that the center made them feel at ease
- 83% stated that the center has allowed for them to learn new things that are useful.

The results show us that the center is impacting the life of our older adults for the good. We strive our best to provide excellent programming. Your input on the name change for the center was helpful and your feelings about it verified what is known; at a certain time in life there is an acceptance of aging and identifying as a 'senior'. One of the challenges I have is to create, innovate, inspire, motivate and even embrace the diversity of younger "seniors" to come to the center. For this reason I am curious in finding what works best for all. Again, thank you for your input.

As a reminder, the center has a code of conduct in place. It states that all who visit are expected to treat each other with respect. If you find your self in a situation in which emotions and attitudes are not in line with the code I ask that you please inform me so I can take care of the matter. I want all who participate to feel welcome.

The new Meals on Wheels trucks look amazing! I hope that you like them as much as we do!

If you are looking for volunteering opportunities and want to serve your community we invite you to help in delivering meals. When you help, you are helping your friends, neighbors and community. Call Maurianna at 755-1722 for more information.

Ciselle Madrid
Senior Center Director

This issue:

What mental health care does Medicare Cover?

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Card Tricks: The Evolution of Medicare Card Scams is More Than Magic

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People 65 and Older need a Flu Shot

PAGE 12

September 4:
We will be Closed for Labor Day

Commodities & Food Bank Distribution:
September 19th 12:45pm-3:00pm

Flu Shot Clinic:
September 22nd
11:00am-1:00pm

Thriving with Hearing Loss: 10:30 am-11:30am
September 14
(4 week class)

Fall Prevention Week
September 18 - Emily Jewkes from BRHD will speak at Lunch & Learn on Fall Prevention at 12:10 pm

Recipe

Easy Beef Pot Pie With Biscuits

This easy beef pot pie recipe with biscuit topping will turn a traditionally time consuming meal into something you can make any time. The whole family will love this hearty meat pie!



3. Top with biscuits and sprinkle with thyme if desired. Bake for 20 minutes or until golden.

Notes

Tips for making this Easy Skillet Beef Pot Pie: Use any topping you desire, store-bought or homemade. Canned biscuits, pie crust, crescent dough, or even puff pastry are all great options and offer different variations. You don't have to cut up the biscuits either. I just like too because it makes it more fun for the kids. If you use pie crust just use one crust and lay on top. Cut a couple of slits to help vent the air. If using crescent dough break dough up into the triangles and arrange on top overlapping as needed. I used 2 cans of mixed vegetables but frozen work great too. Use about 3 cups of frozen vegetables in place of the canned veggies. No need to thaw, just stir them in. If you don't have a cast iron skillet just use any oven-going skillet or baking dish.

Ingredients

- 1 pound ground beef
- 1 small onion, chopped
- 2-3 cloves garlic, minced
- 3 tablespoons all purpose flour
- 1/2 tsp pepper
- 1 tsp salt
- 1 cup milk (any type)
- 1 cup low sodium beef broth/stock
- 2 (15oz) cans mixed vegetables, drained
- 8 biscuits (homemade or store-bought)
- 1/2 teaspoon dried thyme (optional)

Instructions

1. Preheat oven to 400 degrees F.
2. In a large oven-going skillet brown ground beef with onion and garlic until no longer pink. Drain grease if needed. Sprinkle with flour and stir to mix well. Stir in salt, pepper, milk, broth, and simmer until slightly thickened. Stir in vegetables.

<https://www.julieseatsandtreats.com/easy-skillet-beef-pot-pie-recipe/>

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

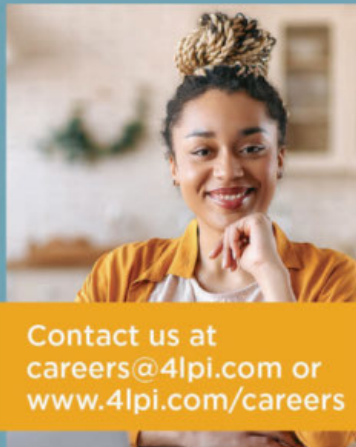
A representative from the VA will assist you with all of your benefit needs. Please call Shanna Andersen at 435-713-1460.

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What mental health care does Medicare cover?

Dear Marci,
What mental health care does Medicare cover? I have anxiety and depression, and my primary care provider recommended I see a therapist or psychiatrist.

-Josefina (Cleveland, OH)

Dear Josefina,

Medicare covers both inpatient and outpatient mental health care. And Medicare prescription drug plans cover medications used to treat mental health conditions, but be sure to check the formulary to ensure the brands and dosages you take are included.

Medicare Part B covers outpatient mental health care, including the following services:

- Individual and group therapy
- Substance use disorder treatment
- Tests to make sure you are getting the right care
- Occupational therapy
- Activity therapies, such as art, dance, or music therapy
- Training and education (such as training on how to inject a needed medication or education about your condition)
- Family counseling to help with your treatment
- Laboratory tests
- Prescription drugs that you cannot administer yourself, such as injections that a doctor must give you
- An annual depression screening

Be sure to ask any provider you see if they take your Medicare insurance before you begin receiving services. If they don't, you will likely be responsible for the full cost of the care.

Psychiatrists are more likely than any other type of physician to opt out of Medicare, meaning Medicare will not cover any of the cost of the care from those doctors. Additionally, not all non-medical providers (like psychologists or clinical social workers) are Medicare-certified. If you need a list of providers near you who accept Medicare, you can go to www.medicare.gov/care-compare.

Medicare Part A covers inpatient mental health care that you receive in either a psychiatric hospital (a hospital that only treats mental health patients) or a general hospital. Your provider should determine which hospital setting you need.

If you receive care in a psychiatric hospital, Medicare covers up to 190 days of inpatient care in your lifetime. If you have used your lifetime days but need additional mental health care, Medicare may cover your care at a general hospital.

Medicare Part D covers most prescription drugs used to treat mental health conditions. You may have Part D coverage through a Medicare Advantage Plan or through a stand-alone Part D plan. All Part D plans must cover at least two drugs from most drug categories and must cover all drugs available in certain categories, including antidepressants and antipsychotic medications.


I hope this helps!

-Marci

Lunch Series | Tuesday Movies

September Lunch Events

Unless otherwise specified, these events start at 12:10 in the cafeteria

- Sep 07 @ 12:45 - TED Talk: The power of introverts
- Sep 08 - Yellow Dot Program & Older Adult Driving Safety
- Sep 14: Reed's Pharmacy 
- Sep 18: Fall Prevention, Emily Jewkes, BRHD
- Sep 20: Lunch Music by Marly
- Sep 25: Nutrition with Jenna, followed by cooking demo @ 1:00
- Sep 27: USU Alzheimer's and Dementia Research Center, Becka Schultz
- Sep 28 @12:45 - TED Talk: Why we need the explorers



NOW SHOWING

Movies every Tuesday at 1pm

- Sep 05:** Still Alice
(2014, PG-13, 1h 41m)
- Sep 12:** Forrest Gump
(1994, PG-13, 2h 22m)
- Sep 19:** Guardians of the Galaxy Vol. 3
(2023, PG-13, 2h 29m)
- Sep 26:** Are You There God? It's Me, Margaret
(2023, PG-13, 1h 46m)



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September 2023

Monday

Tuesday

Wednesday



Sing to me, Autumn, with the rustle of your leaves.
Breathe on me your spicy scents that flow within your breeze.

Dance with me, Autumn, your waltz that bends the boughs of trees.

Source: <https://www.familyfriendpoems.com/poems/nature/fall/>

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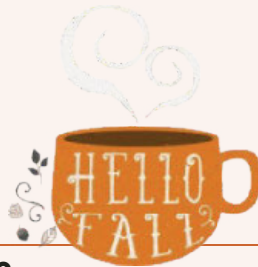
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10:00 Field Trip: Hike—Logan River Trail (\$2)

1:00 Movie: *Still Alice* (2014)

6

11:00 Croquet Tournament



11

9:30 Walking Group
10:00 Rhythm in Motion Dance
11:00 Music Bingo: Broadway!
12:00 - 4:00 AARP Safe Driving
1:00 Caregiver Academy (6 of 6)

12

11:00 Cooking Class (\$2)
1:00 Movie: *Forrest Gump* (1994)

13

11:00 Wii Bowling
12:45 Field Trip: Cycling with Common Ground (\$9)

18

9:30 Walking Group
11:00 Lotería (Mexican Bingo) to celebrate Hispanic Heritage Month
12:10 L&L: Fall Prevention, Emily Jewkes, BRHD

19

11:00 Craft (\$2)
12:45-3:00 Commodities
1:00 Movie: *Guardians of the Galaxy Vol. 3* (2023)

20

11:00 Horseshoe Tournament
12:10 Lunch Music by Marly

25

9:30 Walking Group
10:00 Rhythm in Motion Dance
12:10 Lunch & Learn: Nutrition with Jenna, USU Extension
1:00 Cooking Demo with Jenna

26

10:00 Brain Games with Jesse
1:00 Movie: *Are You There God? It's Me, Margaret.* (2023)

27

11:00 Art with Jump the Moon
12:10 L&L: USU Alzheimer's & Dementia Research Center
12:45 Wii Bowling
2:00 Book Club: *Where the Crawdads Sing*

September 2023

Thursday	Friday
	1 10:00 Sewing: Table Runner of the Month (\$3) 11:00 Blood Pressure 
7 11:15 Card-making with Brenda 12:45 TED Talk: <i>The power of introverts</i>	8 9:00 Field Trip: Pickleball (\$3) 10:00 Open Sewing (\$3) 12:15 Yellow Dot Program & Older Adult Driving Safety
14 10:30 Thriving w/ Hearing Loss 11:30 Out to Lunch Bunch: Elements Restaurant (\$2) 12:10 Lunch & Learn: Reed's Pharmacy	15 10:00 Sewing: Project of the Month (\$3) 11:00 Blood Pressure
21 Fall Equinox 10:30 Thriving w/ Hearing Loss 11:00 Poker 	22 10:00 Open Sewing (\$3) 1:00 Technology Assistance 11:00 Flu Clinic
28 10:30 Thriving w/ Hearing Loss 12:45 TED Talk: <i>Why we need the explorers</i> 12:30 Craft and Chit Chat (\$2)	29 10:00 Open Sewing (\$3) 11:00 Music-making with Boomwhackers 1:00 Technology Assistance

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

Friday

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

Card Tricks: The Evolution of Medicare Card Scams is More Than Magic

Jennifer Trussell Fraud Prevention Consultant
Medicare Messenger | June 2023

Medicare card scams have been a consistent fraud trend for decades. They have evolved from people offering “\$50 for a copy of your red, white, and blue card” to robocallers telling beneficiaries their Medicare benefits might be shut off if they do not accept a new card. This article gives an overview of the most common Medicare card schemes, along with the opportunistic methods that scammers use to convince beneficiaries to provide their number. Many of the tactics never get old, as they reappear in cycles over time. Favorite Card Tricks When Medicare cards contained Social Security numbers (SSNs) prior to 2018, the primary lure for scammers was to obtain a copy of the card so they could steal the beneficiary’s SSN and/or obtain medical benefits under a stolen identity. An old card trick was to simply offer a beneficiary a particular sum of money to copy their card. The card number (an SSN with a letter suffix) was then used along with other personally identifiable information (PII), such as name and date of birth (DOB), to obtain medical benefits under a false identity. Since many health care providers required a copy of the card as insurance proof for their paper files, a copy of the card was more valuable than just the number. However, the SSN and PII were still of interest to the scammer for other types of medical identity theft, especially benefits fraud. With the advent of electronic health care billing, the number and suffix became more valuable as scammers began to bill Medicare for services not rendered on multiple occasions for multiple beneficiaries, as opposed to just using the card to obtain individual medical care under false pretenses. Although scammers would continue to hound beneficiaries by phone, in person, and eventually through email and social media for their Medicare numbers, the issuance of new cards in 2018 to 2019 by the Centers for Medicare & Medicaid Services (CMS) resulted in a new variety of excuses used by scammers. Many of them centered around the type of card and included:

You need a new laminated card.

- You need a new plastic card.
- You need a new plastic card with a security chip.
- Medicare cards are changing colors this year.
- You need a new (name the color) card.
- You need a new silver or gold card (to imply a certain status like rewards benefits or airline miles).

The COVID-19 pandemic provided an opportunity for scammers to prey on socially isolated beneficiaries willing to pick up the phone. New card scams during this period included:

- Medicare is requiring you to get a new Medicare card due to COVID.
- Your current card does not cover COVID care, so we need to issue you a new card.
- Your medical history indicates you may be at risk for COVID complications, so we need to issue you a special Medicare card.

Once the word got out that beneficiaries didn’t need a new type of card, or a new card to receive COVID services, the card tricksters began to use other tactics, including:

- It’s a new year so you need a new card.
- Your card is expiring so we need to send you a new one.
- Your Medicare status needs to be updated, and we’ll then update it on a new card.

The Mind-reading Card Trick as discussed in the article Be on the Lookout (BOLO) for Social Engineering Schemes in the March 2023 edition of Medicare Messenger, scammers have begun using increasingly sophisticated methods to convince Medicare beneficiaries they are legitimately from Medicare and that a new card is required. Experienced criminals are often good at picking up on verbal or written response cues and almost seem to “read the mind” of the beneficiary. In the social engineering cycle of investigation, hook, play, and exit, the hook portion of the cycle becomes extremely important as the scammer establishes rapport with the victim, convinces them of the legitimacy of the call/caller, and takes control of the conversation. Sometimes this is accomplished by positive language (appealing to the victim’s curiosity or offering free services) or reward offers such as:

- You may be eligible for additional benefits (e.g., dental, vision) so we need to review your eligibility and issue you a new card.
- Do you have a family history of cancer? If so, we need to issue you a new Medicare card that covers cancer care. Experienced scammers may also use a neutral hook, requiring a response such as:
- Have you received your new Medicare card? Since you haven’t, what is your number so I can verify it was sent?
- You may have received the wrong Medicare card. Let’s verify your number to ensure you’ve been issued the correct card.
- You’ve been issued a new Medicare card. What is your Medicare number so we can activate your new card?
- Medicare is issuing new cards, and we need to verify the current date of birth, address, and Medicare number we have on file. Of concern, some scammers are using aggressive scare tactics, especially with vulnerable beneficiaries. These tactics include:
- If you are not issued a new card, your Medicare benefits may be terminated.
- Due to your medical conditions, you are at high risk for COVID. You need to answer a few questions (or participate in a telemedicine visit) or Medicare will not pay for your care related to COVID. Once you answer these questions, you’ll be issued a new Medicare card.
- There has been suspicious activity on your Medicare account. You need to verify your Medicare number and answer a few questions so we can unlock your account.
- Do not question me. You need to be issued a new Medicare card.
- You need to pay a fee to get a new Medicare card with a security chip. What is your Medicare number and what credit card would you like to use?

Field Trips

Out to Lunch Bunch is visiting...



e l e m e n t s

Thursday, September 14th
Leaving the center at 11:30am
\$2 bus fee | RSVP at 435-755-1720

Let's Go Walking!

Join us for a guided nature walk along the Logan River Trail with Jesse, our staff ecologist

Tuesday, September 5th, leaving from the senior center at 10am

\$2 bus fee

Must sign up at front desk, spots limited



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September 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. 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>				<p>1 Chili Pot Pie Green Beans Fruit Texas Sheet Cake</p>
<p>4 Cheese Omelet Crispy Bacon Veggie Hash Fresh Orange Slices Cinnamon Roll</p>	<p>5 Chef's Choice</p> 	<p>6 Meatball Sandwich Mixed Vegetables Pears Chips</p>	<p>7 Ham Au Gratin Potatoes Fresh Green Beans Apple Crisp</p>	<p>8 Roasted Chicken Thighs Rice Pilaf Sautéed Green Beans Fruit Cookie</p>
<p>11 Loaded Baked Potato Soup Buttered Broccoli Fruit</p>	<p>12 Hot Open Faced Turkey Sandwich Mashed Potatoes & Gravy Peas & Carrots Apple Salad</p>	<p>13 Chef's Choice</p>	<p>14 Beef Stroganoff Buttered Noodles Cascade Veggies Fruit Cocktail Rice Crispy Treat</p>	<p>15 Tilapia w/ Couscous Roasted Root Vegetable Grape Salad Cookie</p>
<p>18 Meat Loaf Mashed Potatoes w/Gravy Glazed Baby Carrots Fruit</p>	<p>19 Club Sandwich 3 Bean Salad Fruit Cocktail Chips</p>	<p>20 Roast Beef Au Gratin Potatoes Creamed Peas Fruit Wheat Roll</p>	<p>21 Beef Enchilada Casserole Peas & Carrots Grapes Churro</p>	<p>22 Chef's Choice</p> 
<p>25 Hot Dog Baked Beans Broccoli Salad Sliced Apples</p> 	<p>26 Chicken Wild Rice Soup Caesar Salad Fruit Wheat Crackers</p>	<p>27 Turkey Noodle Bake Roasted Vegetables Wheat Roll Fruit</p>	<p>28 Chef's Choice</p>	<p>29 Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Sautéed Zucchini Pears</p>

Field Trips

Pickleball Field Trip

Friday, Sep 8th
Leaving the Center
at 9:00 AM

\$3
Bus Fee

Spots Limited
Sign up at the
Front Desk



Join us for CYCLING

At
Elk Ridge Park

Stable, easy-to-use
cycles from
Common Ground
Outdoor
Adventures

Wed, Sep 13th at 12:45pm

\$2 BUS FEE | \$7 ACTIVITY FEE
RSVP IN ADVANCE: 435-755-1720 OR SIGN
UP AT THE FRONT DESK



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People 65 Years and Older Need a Flu Shot

Influenza (flu) can be a serious illness, especially for older adults. FACT: People 65 years and older are at higher risk of developing serious complications from flu, compared with young, healthy adults. This risk is due in part to changes in immune defenses with increasing age. While flu seasons vary in severity, during most seasons people 65 years and older bear the greatest burden of severe flu disease. In recent years, it's estimated that between 70 percent and 85 percent of seasonal flu-related deaths in the United States occur among people 65 years and older, and between about 50 percent and 70 percent of seasonal flu-related hospitalizations have occurred among people in this age group. An annual flu vaccine is the best way to reduce your risk of flu and its potentially serious consequences. FACT: While flu vaccine can vary in how well it works, vaccination is the best way to prevent flu and its potentially serious complications. Flu vaccination has been shown to reduce the risk of flu illness and more serious flu outcomes that can result in hospitalization or even death in older people. While some people who get vaccinated may still get sick, flu vaccination has been shown in several studies to reduce severity of illness in those people. Flu shots have an excellent safety record and do not cause flu. FACT: The side effects of flu shots are mild when compared with potentially serious consequences of flu virus infection. After getting your flu shot, you may experience some side effects. The most common side effects are mild and include soreness, tenderness, redness and/or swelling where the shot was given. Sometimes you might have headache, muscle aches, fever, and nausea or feel tired. Some of these symptoms might be more likely to occur with the high-dose and adjuvanted flu vaccines. Underlying medical conditions can also put you at higher risk of serious flu complications. FACT: Flu can make underlying health problems worse, even if they are well managed. Diabetes, asthma, and chronic heart disease (even if well managed) are among the most common underlying medical conditions that place people at higher risk of developing serious flu complications. It is particularly important that all adults with these or other chronic medical conditions get a flu shot every year. FACT: There are prescription drugs that can treat flu illness. People 65 years and older should be treated with flu antiviral drugs if they get sick with flu. If you have flu symptoms—even if you had a flu shot—call your doctor, nurse, or clinic. Doctors can prescribe medicine, called antiviral drugs, to treat flu and lessen the chance of serious illness. These medicines work better the sooner they are started. Call if you have any or all of the following symptoms:

Fever • Cough • Sore Throat • Runny or stuffy nose • Muscle

or body aches • Headache • Chills • Fatigue (tiredness) • Sometimes diarrhea and vomiting It's very important that antiviral drugs be used early to treat flu in people who are very sick with flu (for example, people who are in the hospital), and people who are sick with flu and are at higher risk of developing serious flu complications, like people 65 years and older.

For people 65 years and older, there are three flu vaccines that are preferentially recommended over other flu vaccines: Fluzone High-Dose Quadrivalent inactivated flu vaccine, FluBlok Quadrivalent recombinant flu vaccine, and Fluad Quadrivalent adjuvanted inactivated flu vaccine. These vaccines are preferred for people 65 and older because a review of available studies suggests that, in this age group, these vaccines are potentially more effective than standard dose, unadjuvanted flu vaccines. 1. Fluzone® High-Dose Quadrivalent vaccine contains 4 times the amount of antigen as a regular flu shot. The additional antigen creates a stronger immune response (more antibody) in the person getting vaccinated. 2. FLUAD™ Quadrivalent vaccine is a standard dose flu vaccine with an adjuvant added. An adjuvant is an ingredient added to a vaccine to help create a stronger immune response to vaccination. 3. Flublok® Quadrivalent vaccine is a recombinant protein flu vaccine approved for use in people 18 years and older. It contains three times the amount of antigen compared with a regular flu shot.

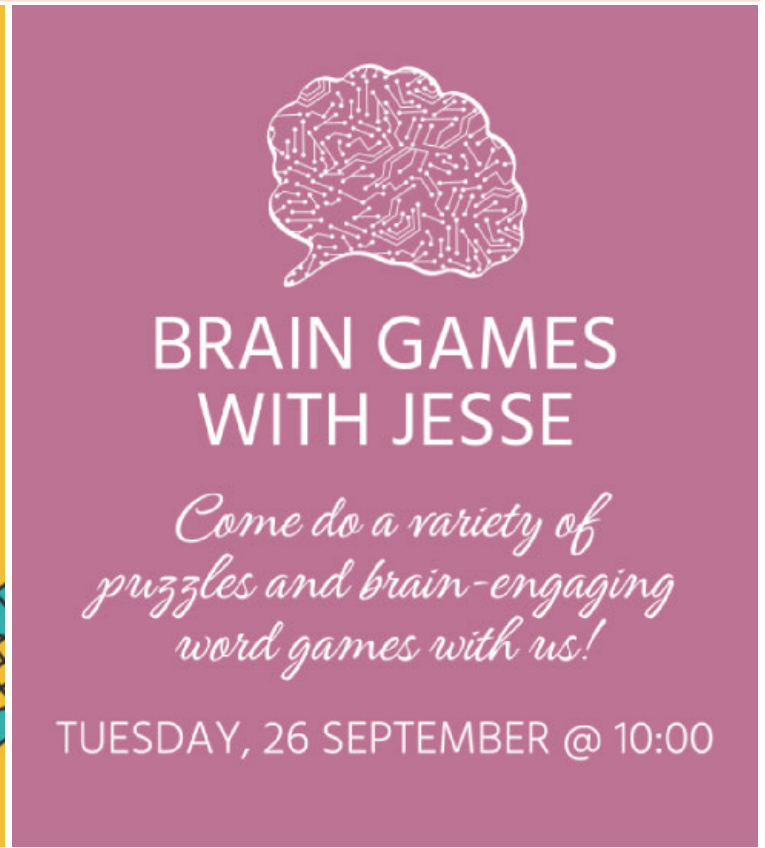
For more information, visit: www.cdc.gov/flu or call 1-800-CDC-INFO

Get a Flu Shot Today
FLU CLINIC
SEPT. 22ND FROM 11:00AM - 1:00 PM
PLEASE BRING YOUR INSURANCE CARD
CACHE COUNTY SENIOR CENTER
240 N 100 E LOGAN

Events & Activities



DANCE CLASS
Rhythm in Motion
with Kori
Will include dance styles like
Tap, Ballet, Modern/Jazz
Mondays,
September 11th and 25th
at 10:00 AM



**BRAIN GAMES
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TUESDAY, 26 SEPTEMBER @ 10:00

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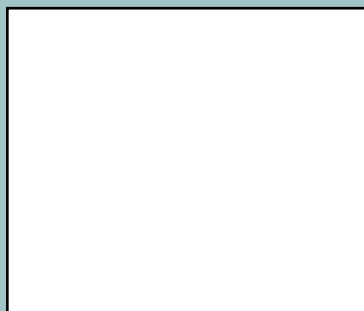
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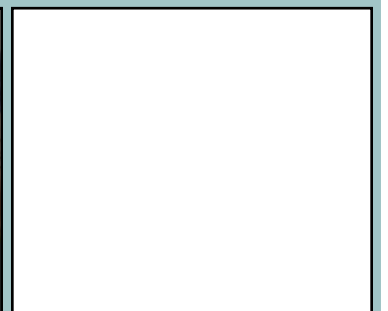
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How to Thrive with Hearing Loss

Hosted by Division of Services of the Deaf and Hard of Hearing

HOW TO THRIVE WITH HEARING LOSS

FREE

Get Back into conversations!

Learn how to handle those inevitable misunderstandings.

Strengthen relationships when hearing loss is a factor-yours and theirs



Thursday mornings September 14-October 5, 2023

10:30 - 11:30 AM MDT

During this course, we will cover the following:

- ◆ Statistics, myths and goals
- ◆ Common barriers for those with hearing loss
- ◆ Changing communication habits for those hard of hearing and hearing
- ◆ Guidelines for the speaker and the listener

Adjusting to life with hearing loss can be easier when you are equipped with strategies and knowledge.

This is a four week class for anyone interested in improving relationships when hearing loss is involved.

Please RSVP at the Cache County Senior Citizens Center front desk

For more info, contact Hard of Hearing program at DSDHH.hoh@utah.gov



Equal Opportunity Employer/Program • Auxiliary aids (accommodations) and services are available upon request to individuals with disabilities by calling 801-526-9240. Individuals who are deaf, hard of hearing, or have speech impairments may call Relay Utah by dialing 711. Spanish Relay Utah: 1-888-346-3162.



Mather Online Virtual Programs



Looking for ways to connect, have fun, and try new things from the comfort of your home? Check out a wide range of complimentary discussions, hands-on art projects, guided

wellness classes, and more. One thing these offerings have in common: they provide endless opportunities to explore!

Join in on the fun with these virtual classes. To register please visit :<https://www.mather.com/programs/virtual-programs>

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& 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**



Upcoming Class

JOIN US ON **OCTOBER 16TH AT 1:00**
FOR A NEW CLASS OF

STEPPING ON

COVERING A RANGE OF ISSUES:

- including falls and risks
- strength and balance exercises
- home hazards
- safe footwear
- vision and falls
- safety in public places
- community mobility
- coping after a fall
- and understanding how to initiate a medication review

IF YOU OR SOMEONE YOU KNOW WOULD BENEFIT FROM
THIS FREE 6 WEEK CLASS RSVP TODAY BY CALLING
435-755-1720 OR STOPPING BY
THE CACHE COUNTY SENIOR CENTER
240 NORTH 100 EAST, LOGAN UT 84321

