

Cache County Senior Center

November 2023

Photo by Mike Bullock



YOU ARE INVITED TO A

THANKS GIVING LUNCH

November 17th

12:00pm - 1:00pm

Cache County Senior Center

**MUST RSVP TO ATTEND: CALL OR RSVP AT FRONT
DESK BY NOVEMBER 9th BY 3:00 PM**



Recipe

Easy Apple Crisp

Author: Jamielyn Nye

This easy apple crisp has a sweet apple base and is topped with a buttery oatmeal streusel topping that's baked to perfection. So comforting and delicious!

Servings: 4

Ingredients:

2 2/3 cups raw apples, peeled and sliced

1/3 lemon, juiced (about 4 teaspoons)

1/4 cup granulated sugar, could sub for 1/4 cup packed brown sugar

2/3 teaspoons ground cinnamon

Topping:

4 Tablespoons butter, cut into 1 inch pieces

1/2 cups all-purpose flour

1/3 cup old fashioned oats

1/4 cup light brown sugar, packed

1/8 teaspoon ground cinnamon

Optional: 1/2 cup chopped nuts and/or coconut

For serving (optional): Vanilla ice cream, whipped cream, caramel sauce



Instructions:

Pre-heat oven to 350°F. Lay sliced apples in a 9×13" baking pan. Toss with lemon juice. Mix sugar and cinnamon together and then sprinkle over the apples.

In a large bowl, combine the flour and butter with a pastry mixer. Then add in oatmeal, brown sugar and cinnamon. Mix until combined and then crumble over top of the apples.

Bake for 20 minutes. Remove from oven and top with nuts and coconut (if desired). Bake an additional 10 minutes.

Serve warm with vanilla ice cream or whipped cream. Enjoy!

Note: Make sure to slice your apples pretty thin. If they are too thick, they won't be as soft when they bake. Storing: This dessert tastes best served warm on the first day. Store any leftovers in a covered container for 2-3 days. Reheat in the oven or microwave until warm.

Easy Apple Crisp by I Heart Naptime.

Find full recipe notes and reviews here: <https://www.iheartnaptime.net/apple-crisp-dessert/>

Happy Veterans Day!

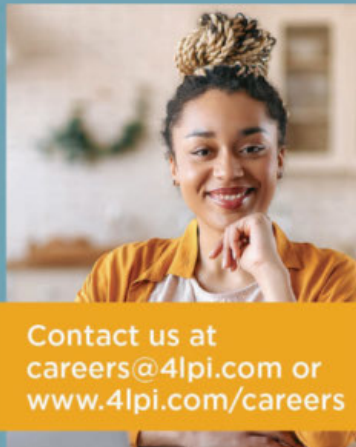


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Medicare

Dear Marci,

My Part D premium is increasing a lot in 2024, so I want to use Fall Open Enrollment to sign up for a different Part D plan. How should I choose a new Part D plan?

-Louise (Fort Lauderdale, FL)

Dear Louise,

I'm glad to hear you're comparing your Medicare coverage options this fall! Research shows that many people with Part D could lower their costs by shopping among plans each year. There could be another Part D plan in your area that covers the drugs you take with fewer restrictions or with lower costs, so it's great that you are trying to compare plans.

I would recommend using Plan Finder to compare Part D plans. Medicare Plan Finder is an online tool at www.medicare.gov that can be used to compare stand-alone Part D plans or Medicare Advantage Plans. Plan Finder provides information about costs, drug coverage, and the star rating of the plan.

To use Plan Finder, follow these steps:

Go to www.medicare.gov and click on the button that says, "Find Plans Now."

You can do a general search on the right side of the page, under the title "Continue without logging in."

If you wish to save your drugs and pharmacy information, you can log into or create your Medicare account on the left side of the page.

Next, put in your zip code and then choose what kind of plan you are looking for—a Medicare Advantage Plan, a Medicare drug plan, or a Medigap policy.

Then you can enter the drugs you take, choose the pharmacies you use, and indicate whether you are interested in a mail order option.

Plan Finder will display results for plans in your area. Note that a plan may not cover all the drugs you take, but it may cover alternatives. Speak to your provider about whether these alternatives

would be appropriate for you. Plan Finder also tells you if the plan has a deductible and how much the monthly premium is.

Initially, the plans will be sorted by "lowest drug + premium costs." This is the closest estimate to what you may pay out of pocket for your Part D coverage for the year. You can select "Plan Details" to find out more specifics about coverage, including any coverage restrictions that might apply to your drugs.

Before enrolling, it is a good idea to call the plan directly to confirm any information you read on Plan Finder, as information may not be completely up to date. Here is a list of questions you can ask when calling a company about their prescription drug coverage. You can enroll in a plan online, by calling 1-800-MEDICARE (633-4227), or by calling the plan directly.

You can make as many changes as you want between October 15 and December 7, but only the last change you make will take effect on January 1.

Good luck choosing the best Part D plan for your needs!

Health Tip

Influenza (flu) viruses are detected year-round in the U.S. but are most common in the fall and winter. The CDC recommends most people get the flu vaccine in September or October. There are many benefits to the flu shot, as the flu shot:

- Can prevent you from getting sick with the flu
- Has been shown to reduce severity of illness in people who get vaccinated but still get sick
- Is an important preventive tool for people with certain chronic health conditions
- Helps protect pregnant people during and after pregnancy
- Can be lifesaving in children
- And, may also protect people around you.

Speak to your doctor if you have any questions about the flu vaccine.

Classes | Tuesday Movies

Classes

WITH THE CACHE COUNTY SENIOR CENTER

**Thriving with Hearing Loss:
Surviving the Holidays**

16 November @ 11:00

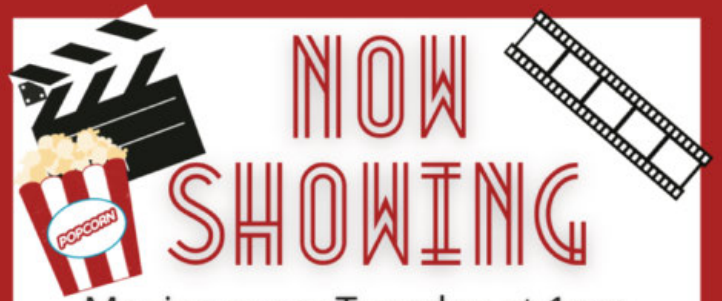


**Principles of Good
Communication**

16 November @ 1:00



No RSVP required, just drop in!



Movies every Tuesday at 1pm

- Nov 07:** Barbie
(2023, PG-13, 1h 54m)
- Nov 14:** Indiana Jones and the Dial of
Destiny (2023, PG-13, 2h 34m)
- Nov 21:** The Blind Side
(2009, PG-13, 2h 09m)
- Nov 28:** A Streetcar Named Desire
(1951, PG, 2h 02m)

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November 2023

Monday

Tuesday

Wednesday

Thankful

By Mandy Cidlick

*No ghosts or goblins and trick-or-treats,
No candy or flowers for your sweets.
No gifts to buy or presents to give,
Just be **THANKFUL** for the life that you live.*

1
12:10 Lunch & Learn: Learn about Manatees
1:00 Bridge

6
11:00 Bingo
12:30 Jeopardy
1:00 Stepping On (4 of 6)
1:00 Craft w/ Giselle \$5.00

7
11:00 Help decorate our Thanksgiving Gratitude Tree
1:00 Movie: *Barbie* (2023)



8
11:00 Craft Class (\$2)
1:00 Tech Class: How to use Artificial Intelligence (AI)
1:00 Bridge

13
11:00 Music Bingo—Veterans Appreciation
12:00-4:00 AARP Safe Driving
12:10 L&L: Nutrition w/ Jenna
12:30 Jeopardy
1:00 Cooking Demo with Jenna
1:00 Stepping On (5 of 6)

14
11:00 Socialization and Mind Fitness
1:00 Movie: *Indiana Jones and the Dial of Destiny* (2023)

15
12:45 Field Trip with Common Ground: Rock Climbing Gym (\$10)
1:00 Bridge

20
11:00 Bingo
12:30 Jeopardy
1:00 Stepping On (6 of 6)

21 Election Day
10:00 Pool Tournament
11:00 Socialization and Mind Fitness
12:45-3:00 Commodities
1:00 Movie: *The Blind Side* (2009)

22
11:00 Cooking Class w/ Tori (\$2)
12:45 Wii Bowling
1:00 Bridge



27
11:00 Bingo
12:30 Jeopardy
1:00 Craft w/ Giselle \$5.00



28
11:00 Socialization and Mind Fitness
1:00 Movie: *A Streetcar Named Desire* (1951)

29
10:30 Card Game: Five Crowns
1:00 Bridge
2:00 Book Club: *All Creatures Great and Small*

November 2023

Thursday	Friday
<p>2 11:15 Card-making with Brenda 12:45 TED Talk: <i>Why we do what we do</i></p>	<p>3 10:00 Sewing 10:30 Music-making with Boomwhackers 11:00 Blood Pressure 11:00 Scrabble 1:00 Technology Assistance</p>
<p>9 11:00 Poker 11:30 Out to Lunch Bunch: Olive Garden (\$2) 12:10 Patriotic Lunch Music in appreciation of Veterans</p>	<p>10 Veterans Day Senior Center Closed</p> 
<p>16 11:00 Thriving with Hearing Loss: Surviving the Holidays 12:45 TED Talk: <i>What's so funny about mental illness?</i> 1:00 Communication class; Tim Keady, USU Extension</p>	<p>17 10:00 Sewing 11:00 Blood Pressure 11:00 Scrabble 12:00 Thanksgiving Lunch 1:00 NO Technology Assistance</p>
<p>23</p> 	<p>24</p> 
<p>30 11:00 Poker 12:30 Craft & Chit Chat (\$2)</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

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

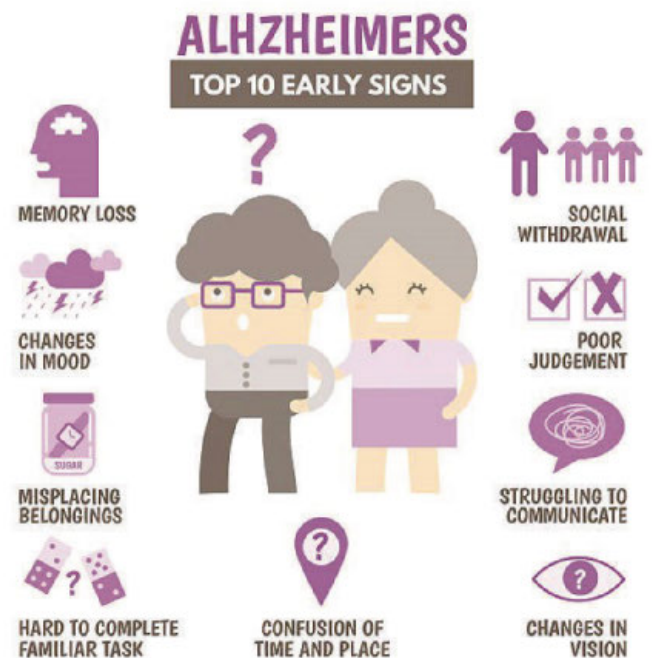
Friday

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



Hi. My name is Becka Schultz and I work for the Alzheimer's Association. Today I wanted to answer some of the common questions I get regarding Alzheimer's Disease. "What's the difference between Alzheimer's Disease and dementia?" "Dementia" is an umbrella term for a set of symptoms of an underlying problem or disease. There are a lot of things that can cause someone to experience dementia. There is Vascular Dementia, Lewy Body Disease, Frontotemporal dementia (FTD), and others. The most common cause of dementia is Alzheimer's disease. It makes up 60-80% of all dementia cases. That's why you'll hear "Alzheimer's" and "dementia" used interchangeably. "Is it genetic?" This answer has two parts and it's a little confusing. The short answer is "it depends". If a person has Early-onset Alzheimer's (meaning they got a diagnosis before the age of 65) there is a strong genetic link. If a person is diagnosed after the age of 65, the likelihood that it's genetic decreases significantly. There is a certain combination of genes that puts a person at higher risk for getting Alzheimer's disease, but it does not guarantee that a person with the genes will get it. There are people who have the genes that never deal with Alzheimer's and there are people who do not have the gene that do experience Alzheimer's. We don't really know why that happens. It's something scientists are still trying to figure out. "If I'm at risk what can I do to prevent getting dementia?" There are some risk factors we cannot change like our age or our family history or if we have a risk gene. However, there are risk factors we can control. Here are some ways that we can love our brains and help them stay healthier longer. - **Break a sweat:** Engaging in regular physical activity that elevates your heart rate increases blood flow to the brain. - **Hit the books:** Education at any stage of life will help reduce the risk of dementia. It can be a class in a formal class setting or not. **Just exercise your brain!**

- **Follow your heart:** Risk factors for cardiovascular disease and stroke such as obesity, high blood pressure, and diabetes also impact your cognitive health. Take care of your heart. What's good for the heart is good for the brain. - **Heads up!:** Brain injury can increase the risk of cognitive decline. Use seatbelts and helmets when appropriate to prevent brain injury. - **Fuel up right:** Eating a healthy and balanced diet is great for your brain! Shoot for a diet that is lower in fat and higher in fruits and vegetables. - **Catch some Zzz's:** Not getting enough sleep and allowing your brain to rest can result in problems with memory and thinking. - **Take care of your mental health:** Some studies link depression with cognitive decline. If you think you're dealing with depression, talk to your doctor or mental health professional. - **Buddy up:** Staying socially active engages your brain. Find social activities that are meaningful to you. Volunteer somewhere, join a choir, or just plan activities with friends and family. - **Stump yourself:** Challenge and activate your mind. Do puzzles, be artistic, play games that involve strategy. If you have any questions or need resources, please call our 24/7 Helpline at 800-272-3900 to speak with our dementia experts and care consultants. Additionally, I can be reached by phone at 385-831-7126 and by email at raschultz@alz.org



Sewing Class

INTRODUCING OUR
NEW SEWING INSTRUCTOR!

Michelle Arnold

I am originally from Virginia Beach and then Layton. I am a mom to 6. My mother was a home economics teacher and I love sewing. I am really excited to share that with you!

EVERY FRIDAY FROM 10AM TO 11AM
\$3.00- SIGN UP AT FRONT DESK



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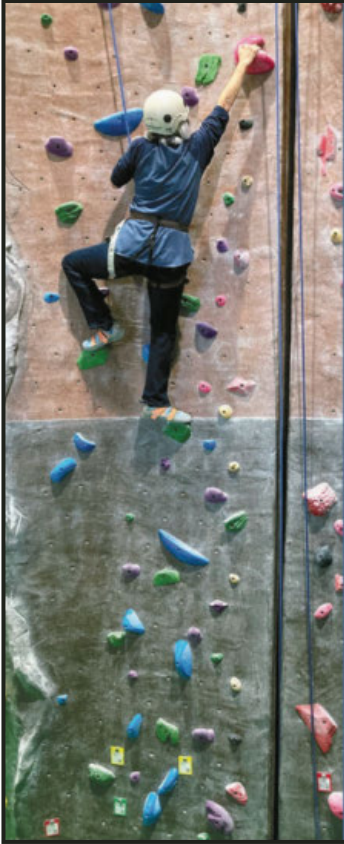
VISIT WWW.MYCOMMUNITYONLINE.COM



November 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>***Menu is subject to change***</p>		<p>1 Chicken Alfredo Pasta Italian Veggies Garlic Breadsticks Ambrosia Fruit</p>	<p>2 Hawaiian Haystacks Buttered Peas Pineapple</p>	<p>3 BBQ Bake Chicken Scalloped Potatoes Capri Veggies Apricots</p>
<p>6 Pig in a Blanket Mac & Cheese Steamed Broccoli w/ Cheese Pears</p>	<p>7 Ecuadorian Chicken & Rice Soup Roasted Vegetables Apple Sauce</p>	<p>8 Turkey Pumpkin Chili Corn Bread Honey Glazed Carrots Grapes</p>	<p>9 Meatloaf Mashed Potatoes & Gravy Buttered Peas Peach Crisp</p>	<p>10 Closed </p>
<p>13 Chicken Salad Croissant Broccoli Salad Mixed Fruit</p>	<p>14 Pulled Pork Sandwich Baja Corn Pears Chips</p>	<p>15 Frito Taco Salad Orange Slices Cookie</p>	<p>16 Bratwurst Stew Mixed Veggies Fruit</p>	<p>17 Roast Turkey w/ Stuffing Mashed Potatoes & Gravy Green Beans Cranberry Salad Pumpkin Bar Dinner Roll</p>
<p>20 Turkey Noodle Soup Sautéed Green Beans Fruit Cheese Bread</p>	<p>21 Swiss Baked Chicken Citrus Couscous Malibu Veggies Spiced Pears</p>	<p>22 Porcupine Meatballs Brown Rice Glazed Carrots Mandarin Oranges</p>	<p>23 Closed </p>	<p>24 Closed</p>
<p>27 Beef Stroganoff Buttered Noodles Cascade Veggies Cantaloupe Cherry Crisp</p>	<p>28 Austrian Dumpling Stew Sautéed Vegetables Fruit</p>	<p>29 Sloppy Joes Coleslaw Fruit Chips</p>	<p>30 Loaded Baked Potatoes Buttered Broccoli Fruit Cookie</p>	<p>1</p>

Field Trips



JOIN US FOR ROCK CLIMBING

with Common Ground,
at Elevation Rock Gym

No experience required, all
materials provided

Wednesday, November
15th, 12:45pm

RSVP in advance:
435-755-1720

\$8 activity fee | \$2 bus fee

Out to Lunch Bunch
is visiting...

Olive
Garden

ITALIAN KITCHEN

Thursday, November 9th
Leaving the center at 11:30am
\$2 bus fee | RSVP at 435-755-1720

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Medicare Español

Protéjase usted y a sus seres queridos en esta temporada de gripe — vacúnese contra la gripe. Para una mejor protección contra la gripe, los CDC recomiendan que **las personas de 65 años o más reciban una de las vacunas contra la gripe de dosis más altas**, si están disponibles.

El virus de la gripe puede suponer un riesgo para la salud muy grave si tiene 65 años o más. Vacunarse contra la gripe es la mejor manera de protegerse contra la gripe. Y si se enferma de gripe, es probable que sus síntomas no sean tan graves ni duren tanto tiempo.

Medicare cubre la vacuna contra la gripe sin costo alguno para usted. Además, las personas con la Parte D de Medicare (cobertura de medicamentos) ahora pueden recibir aún más vacunas cubiertas, incluidas vacunas contra el herpes zóster, la tos ferina y más.

Cell Towers will Improve Safety in Logan Canyon

By David Zook, Cache County Executive

In today's hyper-connected world, we tend to notice pretty quickly if our cell phone loses its signal. When you travel through Logan Canyon, you've probably felt a bit of uneasiness knowing that you could not call for help if needed for nearly the entire length of the 45-minute trek. What if there were a medical emergency, a car accident, or a mechanical breakdown?

On a recent trip from Garden City back to Logan, I approached a bend in the road and saw a woman standing next to the highway waving at me to slow down. As I rounded the bend and came to a stop, I saw her disabled vehicle on the side of the road with her elderly mother inside. Mechanical problems had stranded them halfway between Garden City and Logan. I offered to go for help, and 20 minutes later emerged from Logan Canyon, finally able to call for assistance. A highway patrol trooper was dispatched to their location and likely took more than 20 additional minutes to reach them. What if that had been a medical emergency, car accident or fire? How long would it have taken to get help to the scene or patients to the hospital?

In emergency medicine, there is a concept referred to as the Golden Hour. It refers to the extreme value in providing appropriate care to traumatic accident victims as soon as possible. The chances of survival decrease significantly if the patient is not provided care soon enough. The current situation in Logan Canyon makes it nearly impossible for accident victims to get to help in that period of time. But having cell service in the canyon would greatly improve those odds. Local leaders have been advocating for several years for funding to fix the problem. Thanks to a project that recently received funding, cell service should be available soon.

The Utah Department of Transportation, in cooperation with the U.S. Forest Service and with \$20 million in funding secured by our state legislature, started construction this summer installing a fiber optic line along U.S. 89 through the canyon. That connection will allow for the installation of approximately 40 micro cell towers throughout the canyon. In addition, the fiber optic line will support traffic sensors, weather monitoring equipment, cameras for monitoring traffic and weather, and electronic messaging signs to help notify motorists of conditions in the canyon.

Completion of the fiber optic line is expected by next summer. Thanks to the cooperative efforts of UDOT, the USFS, the Utah legislature, Senator Chris Wilson, Cache County and our federal congressional delegation and broadband funding, Logan Canyon should soon be a safer place for all of us to drive and enjoy the outdoors.



Medicare Annual Enrollment Period

OCT 15th	DEC 7th	JAN 1st
--------------------------------------	-------------------------------------	-------------------------------------

Annual Enrollment Period
October 15th – December 7th

Coverage Begins
January 1st

CONSIDER YOUR OPTIONS!
Every year, Medicare beneficiaries can make changes to their coverage during AEP.

Events/Activities

Gratitude Tree

Join us for a thankful activity
as we create and decorate
our Thanksgiving tree

Tuesday, Nov 7th, 11am



at

Socialization and Mind Fitness

TUESDAYS: NOV 14TH, 21ST, AND 28TH
@ 11AM

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Five things to do to protect yourself online

Your online accounts, computer, and phone hold a lot of your personal, financial, and health information. Information that's valuable to you — and to scammers who try to steal it. Here are five things to do to keep hackers out of your accounts and your personal business.

1. Lock down your online accounts

Your password is the key to all the personal information in your account. Make it long. Avoid common words. And don't re-use it. If it's available on your accounts, turn on multi-factor authentication for an extra layer of security.

2. Secure your home Wi-Fi network

Your wireless network is the hub that connects your devices. To protect it from hackers

- encrypt it
- change your default passwords
- and keep it up to date

3. Protect your computer and phone

Once your home Wi-Fi network is secure, focus on protecting your devices. If you use a computer to go online, make sure your security software, operating system, and Internet browser are up to date. Turn on automatic updates to keep up with the latest protections. Keep your phone up to date, too.

4. Recognize attempts to steal your personal information

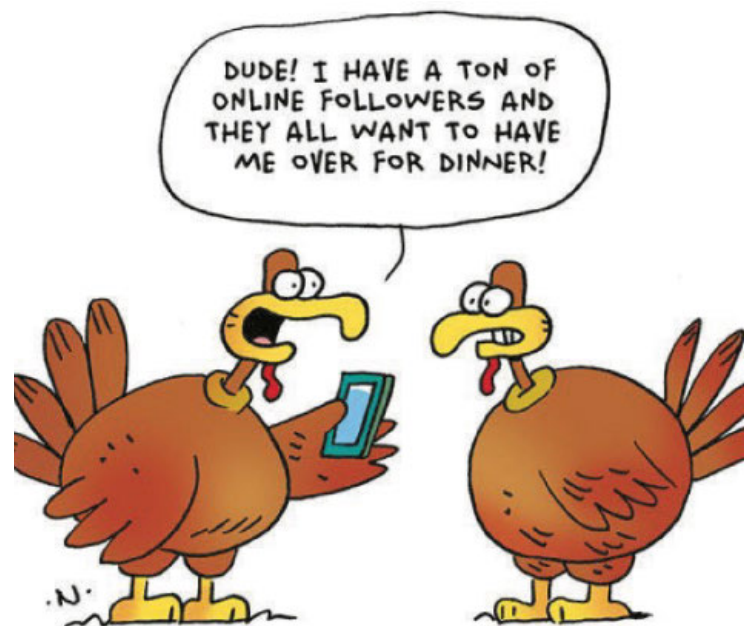
Scammers try to trick you into giving them your personal information. They'll pretend they're with an organization you know well — like Apple or Amazon — and make up a reason they need some info from you. They've also impersonated FedEx, the Postal Service, the Social Security Administration, and the FTC.

If you get a phishing email or text message, report it.



5. Back things up

Back up important information you have on your computer and phone. That way, if something does happen, you can recover your information.



One-Time Class: Thriving with Hearing Loss

SURVIVING the HOLIDAYS



Advocating for yourself

Large Gatherings

Thursday November 16, 2023 11 am to 12 noon

Cache County Senior Citizens Center 240 N 100 E Logan, UT

Join in this workshop with tips and guidelines to make it a better experience for everyone. This event is open to all those affected by hearing loss, those with hearing loss, their family members and friends. Everyone benefits.

For more information, contact Kelly Boehmer at 385-414-3841 phone/
text or kboehmer@utah.gov



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Cache County Senior Center, Logan, UT

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