

Photo by Mike Bullock



As we approach the month of love, I wanted to take a moment to celebrate the special bonds and friendships that have blossomed right here at our Senior Center. Valentine's Day is not just about romantic love; it's a beautiful opportunity to express our gratitude for the wonderful connections we've formed within this warm and caring community.

Your presence and participation have contributed to creating an atmosphere of camaraderie and support that makes our Senior Center truly special. The laughter shared during activities, the wisdom exchanged in conversations, and the kindness demonstrated in countless ways all embody the spirit of love and friendship that Valentine's Day represents.

While we celebrate the joy of companionship, let's also take a moment to appreciate the importance of our Code of Conduct. Treating each other with respect, kindness, and understanding has been a cornerstone of our community. It is this shared commitment to creating a positive and inclusive environment that has allowed friendships to flourish.

As we come together to celebrate Valentine's Day, let's continue to uphold these principles. Let's cherish the diversity of experiences, backgrounds, and personalities that make our Senior Center vibrant and welcoming. Your kindness and consideration towards one another have been the key ingredients in fostering the sense of belonging that defines our community.

Whether you're spending Valentine's Day with a special someone, dear friends, or enjoying some well-deserved alone time, know that you are a valued member of our Senior Center family. May this Valentine's Day be filled with love, laughter, and the warmth of cherished friendships.

Wishing you all a Happy Valentine's Day!

Giselle Madrid, Senior Center Director

Recipe



Creamy Turkey Coconut Milk Curry

Enjoy this tasty turkey coconut milk curry! It features tender turkey and butternut squash in a

creamy coconut sauce - a perfect blend of comforting flavors.

Ingredients

1 small butternut squash
2 tablespoons oil
1.5 lbs turkey breast
2 garlic cloves
1 dried chili or ½ teaspoon red chili flakes or to taste,
1 piece of ginger about the size of a walnut
1 teaspoon turmeric
2 red peppers bell or red pointed peppers
1 cup chicken stock
1 can coconut milk 14 oz
1 bunch green onions
cilantro or parsley
fine sea salt and ground black pepper
1 tablespoon cornstarch optional

Instructions

When using butternut squash, peel it. Process or finely grate 7 oz/ 200 g of the squash. Cut the remaining squash into cubes.

Turkey: Cut the turkey breast into cubes. Both pumpkin and turkey cubes should be of similar size. Vegetables: Mince the garlic cloves, chili, and ginger. Cut the peppers into small cubes and chop the green onions. Keep the ingredients separated as they have different cooking times. 1.5 lbs turkey breast + 2 garlic cloves + 1 dried chili + 1 piece of ginger + 2 red peppers + 1 bunch green onions

Sear turkey: Heat the oil. Sear the turkey breast cubes on medium-high heat in several batches. Don't overcrowd the pan; otherwise, the meat will steam in its juices instead of being seared.

Simmer turkey curry: Return all the meat to the pan, add salt, garlic, ginger, chili, and turmeric, and let it cook for about 2 minutes until fragrant. Add the bell peppers, ground pumpkin, chicken stock, and coconut milk, bring to a boil, and simmer for about 15 minutes

or until the pumpkin cubes and the meat are tender. 1 teaspoon turmeric + 1 cup chicken stock + 1 can coconut milk

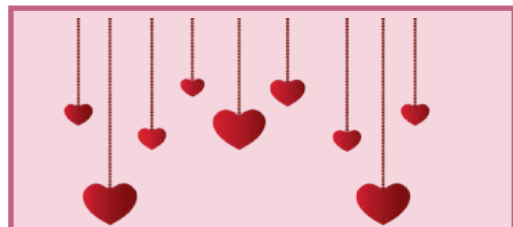
Add the chopped green onions and cook for another 2 minutes. Adjust the taste with salt and pepper and scatter the cilantro over. Cilantro + fine sea salt and ground black pepper

Thicken the curry if desired. Mix cornstarch with 1-2 tablespoons of cold water. Whisk the slurry into the simmering curry and let it bubble for about 1 minute until the sauce thickens slightly. 1 tablespoon cornstarch

Notes

Butternut squash or pumpkin: I use butternut squash or Hokkaido pumpkin interchangeably in this recipe. They have a slightly different texture (Hokkaido is creamier) and flavor (both delicious), but we love both versions. Heat: Use chili or red chili flakes to taste. ½ teaspoon red chili flakes yield a moderately hot curry, but I find it depends on your brand; some are hotter than others. Cornstarch for thickening the sauce: I noticed I only have to thicken the sauce when I am using light coconut milk. But if you would like a thicker sauce anyway, thicken it with cornstarch.

Recipe can be found: https://whereismyspoon.co/wprm_print/12670



**Commodities-Pick up:
Feb. 20th 12:45pm-3pm**

**February 19: Senior Center
closed: Presidents' Day**

Resources

Transportation Vouchers

YOU 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.

H.E.A.T. UTILITY ASSISTANCE PROGRAM

Visit BRAG to pick up an application. 170 N Main 752-7242.

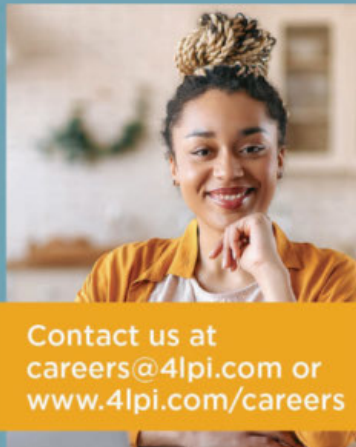
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What are facility fees?

Dear Marci,

I went to the doctor last month and now owe more than I thought I would. I called the office and learned that they charged me a facility fee. What is this?

-Roman (Baton Rouge, LA)

Dear Roman,

You may owe a facility fee when you go to a hospital-owned outpatient clinic. In other words, when you see a doctor at a facility that is owned by a hospital, rather than owned by the doctor. These facility fees help the hospital maintain the clinic by offsetting operational costs.

If your doctor's office charges you a facility fee, it will be in addition to the cost of your medical care. Your doctor's office may call it something like a "room charge." Facility fees can range a lot in cost; the fee could be \$15 or \$150.

Under Original Medicare, facility fees are a covered service, and you are responsible for 20% of the cost of the fee. Medicare Advantage Plans must also cover facility fees, but there is no requirement as to how much of the fees the plan must cover. Because of this, your copays could be high. If your Medicare Advantage Plan denies coverage for the facility fee, you should appeal on the basis that Medicare Advantage Plans must cover the same services covered by Original Medicare.

Hospital-owned outpatient practices must notify you that you could potentially be charged for use of the facilities. If they don't, you should file a grievance with your plan and a complaint with Medicare. You may also consider switching to a different provider in the future to avoid these costs.

I hope this helps!

-Marci

¿Qué son las tarifas de instalación?

Querida Marci,

Fui al médico el mes pasado y ahora debo más de lo que pensaba. Llamé a la oficina y supe que me cobraron una tarifa por las instalaciones. ¿Qué es esto?

-Roman (Baton Rouge, Luisiana)

Querido romano,

Es posible que deba una tarifa de instalación cuando acuda a una clínica ambulatoria propiedad de un hospital. En otras palabras, cuando consulta a un médico en un centro que es propiedad de un hospital, en lugar de ser propiedad del médico. Estas tarifas de instalación ayudan al hospital a mantener la clínica al compensar los costos operativos.

Si el consultorio de su médico le cobra una tarifa por el servicio, será adicional al costo de su atención médica. El consultorio de su médico puede llamarlo algo así como "cargo de habitación". Las tarifas de instalación pueden variar mucho en costo; la tarifa podría ser de \$15 o \$150.

Según Medicare Original, las tarifas del centro son un servicio cubierto y usted es responsable del 20% del costo de la tarifa. Los planes Medicare Advantage también deben cubrir las tarifas de las instalaciones, pero no hay ningún requisito en cuanto a la cantidad de tarifas que debe cubrir el plan. Debido a esto, sus copagos podrían ser altos. Si su plan Medicare Advantage niega la cobertura de la tarifa del centro, debe apelar basándose en que los planes Medicare Advantage deben cubrir los mismos servicios cubiertos por Medicare Original.

Los consultorios ambulatorios propiedad del hospital deben notificarle que potencialmente se le podrían cobrar por el uso de las instalaciones. Si no es así, debe presentar una queja ante su plan y una queja ante Medicare. También puedes considerar cambiar a un proveedor diferente en el futuro para evitar estos costos.

¡Espero que esto ayude!

Lunch Series | Tuesday Movies



February Lunch Series

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



- Feb 5: Lunch & Learn: Nutrition w/ Jenna/USU Extension, followed by a Cooking Demo at 1:00
- Feb 7: Lunch & Learn: Healthy Foot Care with Utah Podiatry
- Feb 14: Lunch & Learn: Relationship Tips and Dating Scams, Dr. Dave Schramm
- Feb 29: Lunch & Learn: Sea Turtles of the World, with Jesse



NOW SHOWING

Movies every Tuesday at 1pm

**Feb 06: *Crouching Tiger
Hidden Dragon***

(2000, PG-13, 2h 00m)

Feb 13: *Loving*

(2016, PG-13, 2h 03m)

Feb 20: *The Help*

(2011, PG-13, 2h 26m)





Feb 27: *Driving Miss Daisy*

(1989, PG, 1h 39m)

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February 2024

Monday	Tuesday	Wednesday
<p align="center"><u>Presidents' Day</u></p> <p align="center">Lincoln and Washington, they are remembered on Presidents' Day.</p> <p align="center">Two men in history who gave us liberty.</p> <p align="center">Honor their memories on this great day!</p>		
<p>5</p> <p>10:00 Creative Aging Ceramics Class (4 of 6)</p> <p>11:00 Music Bingo: Love Songs</p> <p>12:10 L&L: Nutrition with Jenna</p> <p>1:00 Cooking Demo with Jenna</p> <p>1:00 Dementia Dialogues (3 of 5)</p> <p>2:00 Knitting Group</p>	<p>6</p> <p>11:00 Socialization and Mind Fitness</p> <p>1:00 Movie: <i>Crouching Tiger Hidden Dragon</i> (2000)</p> 	<p>7</p> <p>10:30 Clase de Nutrición con Anny (Spanish Cooking Class)</p> <p>12:10 L&L: Healthy Foot Care with Utah Podiatry</p>
<p>12</p> <p>10:00 Creative Aging Ceramics Class (5 of 6)</p> <p>11:00 NO Bingo</p> <p>12:00 AARP Safe Driving</p> <p>1:00 Dementia Dialogues(4 of 5)</p>	<p>13</p> <p>11:00 Valentine Craft w/ Giselle (\$3)</p> <p>11:00 Socialization and Mind Fitness</p> <p>1:00 Movie: <i>Loving</i> (2016)</p>	<p>14</p> <p>10:30 Clase de Nutrición con Anny (Spanish Cooking Class)</p> <p>12:10 L&L: Relationship Tips and Dating Scams, Dave Schramm</p> <p>1:00 Speedfriending: Getting to know your friends!</p>
<p>19</p>  <p align="center">Center Closed</p>	<p>20</p> <p>11:00 Socialization and Mind Fitness</p> <p>12:45-3:00 Commodities</p> <p>1:00 Movie: <i>The Help</i> (2011)</p> 	<p>21</p> <p>10:30 Clase de Nutrición con Anny (Spanish Cooking Class)</p>
<p>26</p> <p>10:00 Creative Aging Ceramics Class (6 of 6)</p> <p>11:00 Bingo</p> <p>1:00 Dementia Dialogues(5 of 5)</p>	<p>27</p> <p>10:00 Pool Tournament</p> <p>11:00 Socialization and Mind Fitness</p> <p>1:00 Movie: <i>Driving Miss Daisy</i> (1989)</p>	<p>28</p> <p>10:30 Clase de Nutrición con Anny (Spanish Cooking Class)</p> <p>11:00 Technology Class: Working with Digital Photos</p> <p>2:15 Book Club</p>

February 2024

Thursday	Friday
1 <i>Groundhog Day</i> 11:15 Card-making w/ Brenda 1:00 TED Talk: <i>What you can do to prevent Alzheimer's</i> 1:00 Role-Playing Game: Dungeons & Dragons	2 10:30 Sewing (\$2) 11:00 Blood Pressure 11:00 Cooking Class: Spring Rolls (\$3) 1:00 Technology Assistance
8 11:00 Poker 1:00 Medicaid and Nursing Home Coverage: Presentation	9 10:30 Sewing (\$2) 1:00 NO Technology Assistance 11:30: Out to Lunch Bunch with Colby & Giselle: Black Pearl (\$2)
15 1:00 TED Talk: <i>The world needs all kinds of minds</i> 	16 10:30 Sewing (\$2) 11:00 Blood Pressure 1:00 NO Technology Assistance
22 12:30 <i>Craft & Chit Chat</i> (\$3)	23 10:30 Sewing (\$2) 11:00 Music-making with Boomwhackers 1:00 Technology Assistance
29 11:00 Card Games with Jesse 12:10 L&L: Sea Turtles of the World	

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
10:30 Sewing
11:00 Scrabble
1:00 Tai Chi
1:00 Tech Assistance
2:15 Mindfulness Group



Jackie Thomas
Senior Content
Strategist at
NCOA:

6 Ways to Eat as You Get Older

Nutrition is important at all ages, but especially as we grow older. The U.S. Departments of Agriculture (USDA) and Health and Human Services released updated guidelines last year, focusing on nutrition for healthy living at every stage—from infancy through older adulthood, or adults age 60 and older.

6 tips to help you eat well and improve your nutrition as you get older:

1. Know what a healthy plate looks like. Good nutrition can help older adults feel their best and stay strong. Include more fruit, vegetables, whole grains, and dairy in your diet. Another tip that's incredibly important, especially for your health, according to a Jan. 4 LinkedIn comment from the Central Massachusetts Agency on Aging, Inc., "making small, but consistent changes."

2. Look for important nutrients in the foods you eat. Where possible, limit your consumption of added sugars, saturated fat, and sodium. Flavoring foods with herbs and spices can help you lower your intake of sugars, salt, and saturated fats.

3. Read nutrition labels to be a smart shopper. The U.S. Food and Drug Administration (FDA) has a tool to help you make informed food choices that can have positive effects on your health and wellness. According to the FDA, too much or too little nutrients could increase your risk of certain chronic diseases, such as heart disease and high blood pressure. Meal delivery services can handle a lot of the work for you, and may be helpful for older adults looking for pre-portioned, balanced meals that are easy to make and delivered directly to their doorsteps.

4. Use recommended servings (and pay close attention to calories when you can). In general, women age 60+ need about 1,600-2,200 calories per day, while men require about 2,000-2,600 calories per day. Your calorie intake may depend, varying on your age, sex, height, weight, and physical activity level. The USDA's MyPlate Plan shows your food group targets, along with what and how much to eat within your calorie allowance.

5. Stay hydrated. Adults 60 and older are at greater risk for dehydration for a number of reasons, including natural drops in thirst levels and body composition changes. Drinking plenty of water is a simple yet vital part of maintaining good health, especially as we get older. Other good beverage choices include unsweetened fruit or low sodium vegetable juice, low-fat (or fat-free) milk, or fortified soy beverages. Fluids can also be obtained from foods containing water, such as soup and fruits and vegetables.

6. Discover how the Supplemental Nutrition Assistance Program (SNAP) can help stretch your food budget. Recent updates to the SNAP program mean that a healthier diet may be in better reach for you. See what foods qualify for purchase under the plan. And if getting to the grocery store is difficult, most of the grocery delivery services are covered by SNAP, though the delivery fees may not be.



If you have not noticed there have been changes to the front office. Marisol has transitioned into a new position. She is now an office specialist II helping with all accounts and receiving. I am so grateful to Marisol and all her years of service to our front desk services. She is excited for this new role! And we know she is going to do AMAZING!

We welcome our new front office specialist. We know that she is going to fit right in. We are excited for you all to get to know her and welcome her with your friendship!

Activities

Happy Lunar New Year! Come Celebrate with Us!

COOKING CLASS W/ JESSE: SPRING ROLLS
FRIDAY, FEB 2ND @ 11:00 COST: \$3

OUT TO LUNCH BUNCH W/ COLBY AND GISELLE:
BLACK PEARL
FRIDAY, FEB 9TH @ 11:30 COST: \$2 BUS FEE

MOVIE: CROUCHING TIGER HIDDEN DRAGON
TUESDAY, FEB 6TH @ 1:00

Must RSVP with payment to hold your spot for
the cooking class and the Out to Lunch Bunch.
Fill out the Activity sign up sheet- back of
newsletter



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February

Monday	Tuesday	Wednesday	Thursday	Friday
<p>For those 60+ the suggested donation is \$4.00. Call to RSVP by 3:00 p.m. the day before. The full cost of the meal is \$12.00 for those under age 60. Please pay at the front desk to receive your meal.</p>			<p>1 Chicken Alfredo Italian Veggies Ambrosia Fruit Salad Breadstick</p>	<p>2 Sloppy Joes Carrot Raisin Salad Fruit Salad Potato Chips</p>
<p>5 Pinto Bean & Ham Soup 1/2 Egg Salad Sandwich Crudités Pears</p>	<p>6 Shredded Chicken Tacos Southwest Corn Fresh Fruit Churro</p>	<p>7 Pork Chop Mashed Potatoes Mushroom Gravy Cut Green Beans Peaches</p>	<p>8 Turkey Pita Sandwich Sautéed Vegetable Fresh Fruit</p>	<p>9 Chef's Choice</p> 
<p>12 Chicken Fajitas Spanish Rice Cucumber-Tomato Salad Sliced Oranges</p>	<p>13 Shepard's Pie Peas Fresh Fruit Wheat Roll</p>	<p>14 Salmon Wild Rice Sautéed Asparagus Fresh Fruit Red Velvet Cake</p>	<p>15 Beef Taco Spanish Red Rice Grilled Corn Pineapple</p>	<p>16 Butternut Squash Soup Croissant Turkey Sandwich Peaches</p>
<p>19</p> 	<p>20 Pot Roast Casserole Buttered Peas Fresh Fruit Roll</p>	<p>21 Hamburgers Lettuce, Tomato & Pickle Coleslaw Fruited Jell-O Chips</p>	<p>22 Chicken Pesto Cavatappi Peas & Carrots Peaches Wheat Roll</p>	<p>23 Sweet & Sour Meatballs White Rice Glazed Brussel Sprouts Tropical Fruit</p>
<p>26 Chef's Choice</p> 	<p>27 Baked Ziti Steamed Broccoli Berry Fluff Garlic Bread</p>	<p>28 Roasted Chicken Thigh Mashed Potatoes w/ Gravy Peas & Carrots Fresh Fruit</p>	<p>Menu is subject to change</p>	

Activities

HAPPY *Valentines Day* *February 14th*

Join us for a Lunch and Learn with Relationship
Tips and Romance Scam Information
Followed by a Getting To Know Your Friends:
Speedfriending Party at
1:00 with
Delicious Desserts and Raffle Prizes!



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Helping Older Adults Avoid Being Victims of Fraud

Taylor Sorensen, interim Cache County Attorney

Elder fraud is a growing problem around our country and here in Cache County. Elder fraud is a specific type of fraud that targets seniors. Perpetrators may be known, such as a family member or friend, or they could be a complete stranger. Elder fraud can result in devastating losses for victims.

Scams include:

1. Monetary scams: promise greater reward with short-term investments.
2. Grandparent scams: a grandchild will message for money because of an emergency.
3. Charity scams: a person requests money to help others; usually after a natural disaster, health crisis or personal issue such as fighting child abuse.
4. Romance scams: A person claims to seek companionship to earn a victim's trust. The person asks for small amounts of money that lead to greater amounts.

How do we prevent elder fraud? There are several steps you can take:

1. Never give out any information or money based on a text, phone call or email.
2. Designate a trusted person to discuss any financial issues or requests.
3. If you hear "you've won a free prize or vacation" or "you have to act now and send \$\$\$ or the offer expires", it is likely a scam. One of the most important steps to protecting yourself is to avoid making any rash or quick financial decisions. Keep in mind that trustworthy businesses and people won't force you to make a sudden decision.

Ayudar a los adultos mayores a evitar ser víctimas de fraude

El fraude a personas mayores es un problema creciente en nuestro país y aquí en el condado de Cache. El fraude a personas mayores es un tipo específico de fraude dirigido a personas mayores. Los perpetradores pueden ser conocidos, como un familiar o un amigo, o pueden ser un completo desconocido. El fraude a las personas mayores puede provocar pérdidas devastadoras para las víctimas.

Las estafas incluyen:

1. Estafas monetarias: prometen mayores recompensas con inversiones a corto plazo.
 2. Estafas de abuelos: un nieto enviará mensajes pidiendo dinero debido a una emergencia.
 3. Estafas de caridad: una persona solicita dinero para ayudar a otros; generalmente después de un desastre natural, una crisis de salud o un problema personal como la lucha contra el abuso infantil.
 4. Estafas románticas: una persona afirma buscar compañía para ganarse la confianza de la víctima. La persona pide pequeñas cantidades de dinero que le llevan a cantidades mayores.
- ¿Cómo prevenimos el fraude a las personas mayores? Hay varios pasos que puedes seguir:
1. Nunca proporciones información o dinero a través de un mensaje de texto, una llamada telefónica o un correo electrónico.
 2. Designar una persona de confianza para discutir cualquier problema o solicitud financiera.
 3. Si escucha "ha ganado un premio gratis o vacaciones" o "tiene que actuar ahora y enviar \$\$\$ o la oferta caduca", es probable que se trate de una estafa.

Uno de los pasos más importantes para protegerse es evitar tomar decisiones financieras precipitadas o precipitadas. Tenga en cuenta que las empresas y las personas confiables no lo obligarán a tomar una decisión repentina.

Classes

JOIN US FOR A PHOTOGRAPHY CLASS:

WORKING WITH DIGITAL IMAGES

Learn to organize and edit the images you've taken, on either phone or computer

Wednesday,
February
28th @ 11am

Free! No
registration
required



Clase de Nutrición con Anny

(Cooking Class taught in Spanish)

Comiendo Saludable y manteniendo un buen estado físico con las recomendaciones de MiPlato y Actividad física. Recetas Saludables.

Miercoles en Febrero @ 10:30 Gratis!



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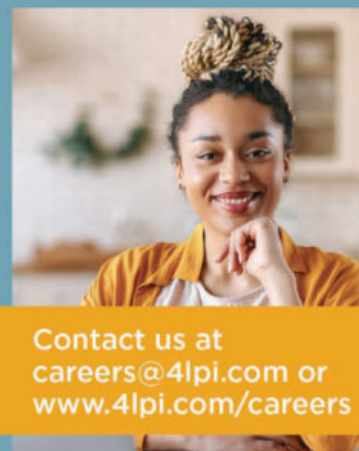
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Health and Wellness

Healthy Living: How Older Adults Are Managing Their Emotional and Mental Well-Being

Recent survey reveals older adults are poised to bounce back after the pandemic has taken its toll on their mental and emotional well-being.

Experiencing the pandemic has had a negative emotional impact on most of us. This study illuminates where older adults are emotionally right now and how they are managing their emotional and mental well-being. This study also demonstrates that despite the challenges to emotional and mental well-being, most older adults say they are resilient and expect to be able to bounce back from these challenges. However, a deeper dive suggests some older adults may benefit from help with managing their emotional and mental well-being.

While most older adults say their emotional and mental health are very good, many say they have been bothered by anxiety and depression.

When asked about mental health, two-thirds of older adults age 50-plus say their emotional (64%) and mental (66%) well-being are excellent or very good. However, when asked about specific emotional health measures, we find, two weeks prior to the study:

- 45% had been bothered by anxiety.
- 34% say they had little interest or pleasure in doing things.
- 31% had feelings of depression or hopelessness.
- 52% had difficulty falling asleep or staying asleep.

In addition to COVID, increased anxiety among the 50-plus can be attributed to personal challenges, domestic politics, and the Russian invasion of Ukraine.

Most (61%) older adults age 50-plus say they have experienced some level of anxiety in the past year. Experiences related to the COVID-19 pandemic can be seen as the primary culprit related to the level of anxiety felt by those ages 50-plus. Three in ten (31%) say experiencing the COVID-19 pandemic has increased their level of anxiety.

While older adults have faced emotional challenges over the past few years, they are resilient and feel they have what it takes to bounce back and thrive.

Even with raised stress levels and anxiety, older adults

age 50-plus say they are resilient. When asked to rate their level of resiliency from 1 (lowest) to 10 (highest) the average rating was between 7 and 8. In fact,

- 58% rate their level of resiliency as high (8, 9, or 10 out of 10).
- 77% say their level of resiliency has not changed since the start of the pandemic.
- 13% say their level of resiliency has actually increased in the past two years.

However, when asked about specific measures of resiliency, a sizable number of older adults struggle with adapting and bouncing back when things don't go as planned and/or during hardship. For example, roughly four in ten do not bounce back quickly after hard times. Also, significantly fewer older adults ages 50 to 59 say they tend to bounce back quickly (56% for those ages 50 to 59 vs. 64% for the 60-plus).

While it is understandable to see a decline in mental health or emotional well-being during trying times, this is not a normal part of aging. To combat possible hesitation on the part of older adults to seek help with managing their emotional health, it is important that access to mental health treatment is easy, seamless, and normalized. Ensuring mental health and emotional well-being are addressed during all medical visits is an invaluable step toward ensuring older adults receive comprehensive care.

Methodology

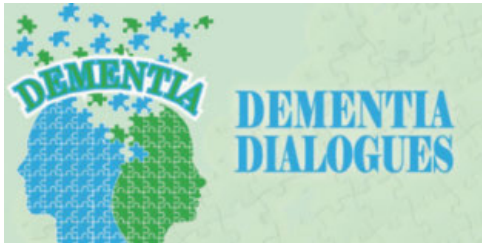
This national survey was conducted using NORC at the University of Chicago's AmeriSpeak 50+ Omnibus probability-based sample. AmeriSpeak is designed to be representative of the U.S. household population. All data are weighted by age, gender, and race according to the most recent Census population statistics.

A total sample of 1,964 adults ages 50-plus with multicultural oversamples of African Americans/Blacks (441 total) and Hispanics/Latinos (405 total) and LGBTQ (n = 228) were surveyed online and by telephone between February 24 and March 1, 2022. A portion of the multicultural samples came from the national survey sample. The survey was conducted in English and Spanish.

Activities

Join us Mondays at 1:00 pm for
Dementia Dialogues

This is a free multi-session training course designed to educate the community and caregivers who care for persons who exhibit signs and symptoms associated with Alzheimer's disease or related dementias.



Medicaid and Nursing Homes



Join us for a free informational presentation by Rocky Mountain Care. All are invited!

FEBRUARY
8TH
1:00PM

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As we work to make the procedures at the front office more efficient you will now be asked to fill out this activity sheet prior to paying for activities. This will help us tremendously as we process receipts. We appreciate your help in this endeavor.

Please place a "X" in the left column and place the dollar amount or N/C (No Cost) in the right column for each activity that you would like to participate in.

* NO RSVP will be allowed until the cost has been paid.

The day that the newsletter is available for all patrons is when you will be able to sign up for activities. Please note: The senior center will no longer be able to offer refunds. You can transfer funds to another activity.

X	Date	Activity	Time	Cost	Total
	2/2	Sewing	10:30	\$2	
	2/2	Cooking Class	11:00	\$3	
	2/9	Sewing	10:30	\$2	
	2/9	Out to Lunch Bunch w/ Giselle & Colby: Black Pearl	11:30	\$2	
	2/13	Valentine Craft with Giselle	11:00	\$3	
	2/16	Sewing	10:30	\$2	
	2/22	Craft and Chit Chat	12:30	\$3	
	2/23	Sewing	10:30	\$2	

Total : _____

Office Use Only

Cash Credit Card Check

Date: _____ Processed By: _____

Name: _____