

Cache County Senior Center

March 2024

Photo by Mike Bullock

With the changing of the seasons comes a renewed sense of vitality and opportunity, and here at the senior center, we are delighted to usher in the spirit of spring with open arms.

This season, we are excited to continue offering classes and activities tailored to inspire, educate, and engage our community members of all interests and abilities. From workshops to wellness presentations, creative arts classes to technology tutorials, there's something for everyone to discover and enjoy as we embrace the joys of springtime together.

We welcome our new staff to our Meals on Wheels office and kitchen. We understand that sometimes change is necessary and we cheer on our past coworkers for their journey and growth.

As we embrace the spirit of renewal and growth this spring, let us be a place that inspires you to try something new! We look forward to sharing this exciting season with each and every one of you.

We are excited for the new Thai restaurant, join us as we go out with the Out to Lunch Bunch to taste the fun flavors. Out to Lunch Bunch group will leave at 11:30am on March 14th.

Another fun trip this month is our trip to the Bird Refuge. Save the date for March 26th at 9:00am. Be sure to sign up early as this tends to fill up quick!

Friendly Reminder: Daylight Saving Time begins on March 10, which means it's time to "spring forward" and set your clocks one hour ahead before you go to bed on March 10. Don't forget to adjust your clocks and enjoy the extra daylight as we welcome the arrival of spring!

Hoping this welcomed sun brightens your day as we as a team strive to do the same for you.

Giselle Madrid
Senior Center Director

Commodities
March 19th
12:45 pm—3 pm

Daylight Saving:
March 10th

AARP Safe
Driving:
March 11th at
12:00 pm
Please call Kent
Haddock to
register:
435.890.5901



Información Sobre la Enfermedad de Alzheimer y la Demencia

20 de Marzo @ 11 am: Comprender la enfermedad de Alzheimer y la demencia

11 de Abril @ 11 am:
10 Señales de Advertencia

Cache County Senior Center
240 N 100 E, Logan, UT 84321



Aprenda con nosotros todo lo que sigue:

- El impacto de la enfermedad de Alzheimer's
- La diferencia entre la enfermedad de Alzheimer's y demencia
- Las etapas de la enfermedad de Alzheimer's y los factores de riesgo
- Recursos disponibles de la Alzheimer's Association

Los participantes mayores de 60 años pueden quedarse para disfrutar de un almuerzo gratis. (Se requiere confirmación de asistencia)

Llame al (435) 755-1720 para reservar su lugar.



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 \$1,903.00 a month (\$2,575 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.

AARP Driving Safe Driving Course

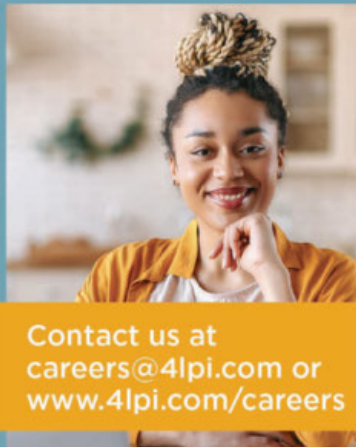
If you are interested in registering for the AARP safe driving course, please call Kent Haddock to register:
435.890.5901

WE'RE HIRING! AD SALES EXECUTIVES



BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Anthony Praskavich

apraskavich@4LPi.com

(800) 477-4574 x6656

SUPPORT OUR ADVERTISERS!



Medicare



Dear Marci,
I received a discharge notice from the hospital, but I need to continue medical care. I think I can appeal but I'm not sure what to do. Please help!
-Lorraine (Buffalo, NY)

Dear Lorraine,
You're right! If you think you're being discharged from the hospital too soon, you do have the right to file an appeal.

You should've gotten a notice that explains this right titled, **Important Message from Medicare**, when you were admitted. If you were there more than 3 days, you should receive another copy of the same notice between 4 hours and 2 days before you are to be discharged.

The **Important Message from Medicare** notice will have instructions for filing a fast (expedited) appeal. This appeal will be sent to the Quality Improvement Organization (QIO), a company that is contracted to evaluate discharge appeals. For a fast appeal, you must appeal by no later than midnight on the day of your scheduled discharge. Once you file the appeal, the hospital must give you a **Detailed Notice of Discharge**, which must explain, in specific detail, why the hospital believes that Medicare coverage for your stay is ending, and that discharge is appropriate. You can also send additional information about why you, and your care team, if applicable, believe the discharge is too soon. The QIO should call you within 24 hours with their decision.

If the QIO agrees with the hospital that Medicare coverage of your hospital stay should end, you have the right to continue to appeal to higher levels of review. If you stay in the hospital after the QIO decision agreeing with the hospital, however, you may be responsible for the full cost of your care from the date of that decision forward if you don't win at a higher level of appeal. There are five levels of appeal, and instructions for the next steps are included in each decision. Keep in mind that at each level there is a separate time limit for when you must file the appeal and when you'll receive a decision.

Here are a few tips to help you succeed:

- Follow the appeal timelines for each level.
- Take good notes throughout the process & keep original copies of all documents.
- Include a letter from your doctor or other care-team member explaining why your specific circumstances require additional hospital care to support your appeal.

Contact your State Health Insurance Assistance Program (SHIP) for more guidance on your appeal. (Later appeals processes differ for Medicare Advantage and Original Medicare. For more information about higher levels of appeal if you are in a Medicare Advantage plan, see: Medicare Advantage appeals if your care is ending - Medicare Interactive. For more information about higher levels of appeal if you have Original Medicare, see: Original Medicare appeals if your care is ending - Medicare Interactive)

Good luck!
-Marci



"Wow...That was
our biggest sale EVER!"

Lunch Series | Movies

March

Lunch & Learn Series & Entertainment

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

- Mar 5: Bees in your backyard, Stokes Nature Center
- Mar 11: Nutrition w/ Jenna/USU Extension- Cooking Demo at 1:00 pm
- Mar 14: Pie Raffle for Pi Day
- Mar 21: Lunchtime Poetry Reading
- Mar 28: Lunch Music: Anne Slagowski



NOW SHOWING

Movies every Tuesday at 1pm

Mar 05: *The Searchers*

(1956, NR, 1h 59m)

Mar 12: *The Creator*

(2023, PG-13, 2h 13m)

Mar 19: *Fantastic Fungi*

(2019, NR, 1h 21m)

Mar 26: *The Greatest Showman*

(2017, PG, 1h 45m)

SUPPORT THE ADVERTISERS

that Support our Community!

March

Monday	Tuesday	Wednesday
<p>It Must Be Spring By May Fenn</p> <p>Hush, can you hear it? The rustling in the grass, Bringing you the welcome news that Winter's day is past. Soft, can you feel it?</p>		<p>The warm caressing breeze, Telling you the sticky buds Are bursting on the trees. Look, can you see them? The primrose in the lane. Now you must believe it — Spring is here again.</p> 
<p>4 11:00 Bingo 2:00 Knitting Group</p>	<p>5 11:00 Socialization & Mind Fitness: Adult Coloring 12:10 L&L: Bees in your Backyard, Stokes Nature Center 1:00 Movie: <i>The Searchers</i> (1956)</p>	<p>6 10:30 Class: Create Better Health (1 of 4) 11:00 Wii Bowling</p> 
<p>11 11:00 Music Bingo 12:00 AARP Safe Driving 12:10 L&L: Nutrition with Jenna 1:00 Cooking Demo with Jenna</p>	<p>12 11:00 Socialization & Mind Fitness 11:00 Cooking Class w/Shirley: Quesitos (\$2) 1:00 Movie: <i>The Creator</i> (2023)</p>	<p>13 10:30 Class: Create Better Health (2 of 4) 11:00 Technology Class: How to use Computers and the Internet 1:00 Craft Class (\$2)</p>
<p>18 11:00 Bingo</p> 	<p>19 Spring Equinox 11:00 Socialization & Mind Fitness 12:45-3:00 Commodities 1:00 Movie: <i>Fantastic Fungi</i> (2019)</p>	<p>20 10:30 Class: Create Better Health (3 of 4) 1:00 Come make Art: Spring Tree!</p>
<p>25 11:00 Bingo 12:45 Reading of The Megillah, The Story of Esther (refreshments provided)</p>	<p>26 9:00 Field Trip: Bird Refuge (\$15) 1:00 Movie: <i>The Greatest Showman</i> (2017)</p>	<p>27 10:30 Class: Create Better Health (4 of 4) 2:15 Book Club: <i>Gifted Hands</i></p>

March

Thursday	Friday
	1 10:30 Open Sewing (\$2) 11:00 Blood Pressure 
7 11:15 Card-Making with Brenda 1:00 Game: Dungeons & Dragons	8 10:30 Sewing (\$2) 11:00 Music-making with Boomwhackers
<i>14 Pi Day</i> 11:30 Out to Lunch Bunch: Laan Thai Restaurant (\$2) 12:10 Pie Raffle 1:00 TED Talk: <i>Do schools kill creativity?</i>	15 10:30 Sewing (\$2) 11:00 St. Patrick's Day Party 
21 World Poetry Day 11:00 Poker 12:10 Lunchtime Poetry Reading 1:00 Game: Dungeons & Dragons 	22 10:30 Sewing (\$2) 11:00 Blood Pressure
28 12:10 Lunch Music: Anne Slagowski 12:30 Craft & Chit Chat (\$3) 1:00 TED Talk: <i>The hidden power of sad songs and rainy days</i>	29 10:30 Sewing (\$2)

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

Sensible Sleep Tips for Older Adults

Do you spend most nights tossing and turning in bed? Does it feel like ages since you got a really good night's sleep? You're not alone. According to the Centers for Disease Control and Prevention (CDC), roughly 1 in 3 American adults reported not getting enough rest or sleep every day.

Sleeping well is vital to our health and longevity. It's especially important for older adults. This article offers tips for creating sleep-friendly habits that make it easier to get the restorative rest you need.

Sleep and aging

There's a misconception that people need less sleep as they age. But this is not the case—just like younger adults, older adults need 7 to 9 hours of sleep each night. Unfortunately, lack of sleep and aging often go hand in hand. Following are some of the reasons older people may struggle to fall or stay asleep at night.

Poor sleep habits

Over the years, many older adults develop habits that are disruptive to the sleep process. These include consuming caffeine too late in the day, drinking alcohol in the evening, or maintaining an inconsistent sleep/wake schedule.

Insomnia

Insomnia affects people at every age, but it's the most common sleep disorder among adults age 60 and older. With insomnia, you have trouble both falling asleep and staying asleep. This condition can be a temporary nuisance—or develop into a long-term pattern that affects your quality of life.

Sleep apnea

One common reason for older adults not sleeping at night is a condition called sleep apnea. This is when your breathing repeatedly stops for short intervals while you're asleep, which deprives your body of oxygen. If left untreated, sleep apnea can lead to serious health problems such as stroke, cognitive

issues, and high blood pressure.

Many adults have sleep apnea and don't even know it. If you feel extra sleepy during the day—or your partner tells you that you snore loudly or make gasping sounds during sleep—talk to your doctor. Lifestyle changes, breathing devices like CPAP machines, and surgery have been shown to help people with this condition.

Movement disorders

Movement disorders happen frequently among older adults. One example is restless legs syndrome (RLS), which refers to an uncomfortable urge to move your legs (and sometimes arms). RLS can make it difficult to relax and fall or stay asleep. Another movement disorder is periodic limb movement disorder (PLMD), which involves repetitive twitching and jerking of the limbs during sleep. Although there is no cure for movement disorders, relaxation techniques and certain medications can help ease symptoms.

Alzheimer's disease

Alzheimer's disease may impact the sleep-wake cycle for some older adults, causing them to either sleep too much or not sleep enough. Waking frequently at night, wandering, and yelling out are common behaviors among people with this type of dementia.

Since sleep medications can cause side effects, non-drug strategies are often the first line of defense for Alzheimer's-related sleep issues. These strategies may include improving the sleep routine and environment and reducing daytime napping.

Consequences of lack of sleep in older adults

Sleep is just as essential to our overall health as eating well and exercising. Lack of sleep is not just an inconvenience; it can affect our ability to focus on important tasks, dampen our mood, and even increase our risk of falls. Sleep deprivation has also been linked to stroke, obesity, depression and heart and kidney disease.

Activities



JOIN US FOR A
Saint Patrick's Day
Party
FRIDAY, 15 MARCH @ 11AM
GAMES | FOOD | DRINKS

Out to Lunch Bunch is visiting...

Laan Thai
RESTAURANT

Thursday, March 14th

Leaving the center at 11:30am

\$2 bus fee | To RSVP Fill out the Activity Sign-Up Sheet on the back of the newsletter return and pay the front desk.

**NEVER MISS
OUR NEWSLETTER!**

SUBSCRIBE

Have our newsletter
emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM



March

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Please remember to sign up for the Lunch List so that the kitchen can be sure to make enough for all interested in eating that particular day. Also, if not planning on coming PLEASE let us know ASAP so that we do not have food waste.</p>				<p>1 Chili Pot Pie Green Beans Fruit Texas Sheet Cake</p>
<p>4 Roast Beef Mashed Potatoes & Gravy Creamed Peas Fruit Wheat Roll</p>	<p>5 Butter Chicken Basmati Rice Roasted Zucchini Fruit Naan Bread</p>	<p>6 Chef's Choice</p> 	<p>7 Club Sandwich 3 Bean Salad Fruit Salad Chips</p>	<p>8  Beef Taco Salad w/ Cilantro Ranch Grapes Churro</p>
<p>11 Loaded Baked Potato Buttered Broccoli Fruit</p>	<p>12 Hot Open Faced Turkey Sandwich Mashed Potatoes & Gravy Peas & Carrots Apple Salad Pie for Pi Day!</p>	<p>13 Cheese Omelet Crispy Bacon Veggie Hash Fresh Orange Slices Cinnamon Roll</p>	<p>14 Beef Stroganoff Buttered Noodles Cascade Veggies Fresh Fruit Rice Crispy Treat</p>	<p>15 Corn Beef & Cabbage Red Potatoes Grape Salad Cookie</p>
<p>18 Meatball Sandwich Mixed Vegetables Pears Chips</p>	<p>19 Ham Au Gratin Potatoes Fresh Green Beans Apple Crisp</p>	<p>20 French Toast Sausage Scrambled Eggs Chilled V8 Juice Fruit</p>	<p>21 Lentil Sausage Soup Chef Salad Mixed Berry Salad</p>	<p>22 Chef's Choice</p> 
<p>25 Hot Dog Baked Beans Broccoli Salad Apple Berry Crisp</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 Pulled Pork Sandwich Broccoli Salad Pears Chips</p>

For those 60+ and their spouse the suggested donation is \$4.00. Don't forget to call in 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.

Field Trip

Join us for a Field Trip to the Bear River Migratory Bird Refuge

in Brigham City

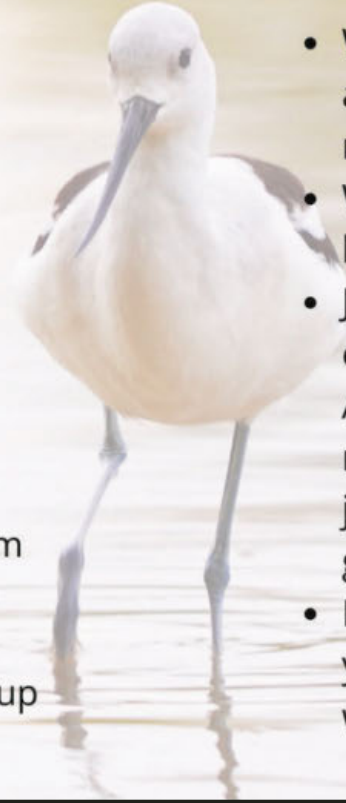
Tuesday, March 26th

Leaving from the senior center at 9:00am

\$15 bus fee (refuge admission is free)

Suggested donation for sack lunches.

RSVP with payment and the activity sign-up
sheet in the back of the newsletter.



- We'll be driving the auto route in the bus; minimal walking
- We'll bring sack lunches for everyone
- Jack Greene (an experienced Audubon Society naturalist) will be joining us as our guide (again)
- Bring binoculars if you have any; some will be available

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our
newsletter
emailed
to you.



Visit

www.mycommunityonline.com



AUTOBAHN

Performance & Repair

"HONEST REPAIRS FOR A FAIR PRICE"

Family owned and operated since 2002

435-752-6868

212 N. 1375 W. Logan

Place Your Ad Here and Support our Community!

Instantly create and
purchase an ad with

AD CREATOR STUDIO



lpicomunities.com/adcreator





MEALS ON WHEELS
NEEDS
VOLUNTEERS!
One Hour- One Day Per Week

Volunteer opportunities with our Meals on Wheels program provide individuals of all ages the chance to make a difference in their community!

Whether you're an older adult wanting to stay active and engaged or a younger individual hoping to give something back, Meals on Wheels welcomes everyone! Please call 435.755.1720 to become a Volunteer today!

Connect with Utah 211

Utah 211 is free, confidential and available 24/7 by phone.

- Housing
- Food and Meals
- Mental Health Support
- Utility Assistance
- Substance Use/Misuse Resources
- Medical, Dental, and Vision Services
- Transportation
- Tax Prep Help
- Legal Assistance



Sensible Sleep Tips for Older Adults

Continued from pg. 8

Tips for getting a good night's sleep

When you're feeling tired and frustrated, it can be tempting to look for a quick fix. But natural sleep remedies for older adults can work just as well—or even better—than medications. Here are some smart sleep habits to adopt:

- 1. Keep a steady sleep schedule.** Going to bed and waking up at the same time each day helps support your body's natural sleep rhythms.
- 2. Make sure you have the right mattress.** You spend a lot of time in bed—so your mattress should be comfortable. Choosing the right kind can make all the difference in the quality and duration of your sleep. Adjustable beds, for example, can help you achieve the ideal sleep position and relieve pain that's causing sleep disruptions. Some even have anti-snore features.



Activities



CREATE SNAP-ED
BETTER HEALTH

Free classes on how to eat well, prepare delicious food, and be active on a budget. Samples provided!

Taught on Wednesday s @10:30am at the Senior Center!

March 6

My Plate
Dietary Guidelines
Physical Activity Guidelines
Create a Skillet Meal

March 13

Nutrition Facts Label
Barriers to Physical Activity
Create a Grain Bowl

March 20

Meal Planning
Grocery Shopping
Fruit and Vegetable Intake
Create a Stir Fry

March 27

Healthy Eating Patterns
Physical Activity Review
Create Pizza

For more information, contact Kenzie: kenzie.larkin@usu.edu

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Anthony Praskavich

apraskavich@4LPi.com

(800) 477-4574 x6656

WE'RE HIRING!

AD SALES EXECUTIVES



BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



Authorized Provider

SafeStreets

833-287-3502



Fraud

Romance Scams

Romance scams occur when a criminal adopts a fake online identity to gain a victim's affection and trust. The scammer then uses the illusion of a romantic or close relationship to manipulate and/or steal from the victim.

The criminals who carry out romance scams are experts at what they do and will seem genuine, caring, and believable. Con artists are present on most dating and social media sites.

The scammer's intention is to establish a relationship as quickly as possible, endear himself to the victim, and gain trust. Scammers may propose marriage and make plans to meet in person, but that will never happen. Eventually, they will ask for money.

Scam artists often say they are in the building and construction industry and are engaged in projects outside the U.S. That makes it easier to avoid meeting in person—and more plausible when they ask for money for a medical emergency or unexpected legal fee.

If someone you meet online needs your bank account information to deposit money, they are most likely using your account to carry out other theft and fraud schemes.

Tips for Avoiding Romance Scams:

- Be careful what you post and make public online. Scammers can use details shared on social media and dating sites to better understand and target you.

- Research the person's photo and profile using online searches to see if the image, name, or details have been used elsewhere.
- Go slowly and ask lots of questions.
- Beware if the individual seems too perfect or quickly asks you to leave a dating service or social media site to communicate directly.
- Beware if the individual attempts to isolate you from friends and family or requests inappropriate photos or financial information that could later be used to extort you.
- Beware if the individual promises to meet in person but then always comes up with an excuse why he or she can't. If you haven't met the person after a few months, for whatever reason, you have good reason to be suspicious.
- Never send money to anyone you have only communicated with online or by phone.



Activities

THE CACHE COUNTY SENIOR CENTER NEEDS YOUR HELP
We are looking for an ongoing volunteer instructor for a dance fitness class, like Zumba Gold.

Call 435-755-1720 if interested



NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our
newsletter
emailed
to you.



Visit

www.mycommunityonline.com

**THRIVE
LOCALLY**

ALLEN
MORTUARIES

*Logan
North Logan*

www.allenmortuaries.com



VOTED BEST FUNERAL HOME
OF CACHE VALLEY
& NORTHERN UTAH

- Plan Ahead -

Pre-arranged funerals can be arranged to cover funeral costs so that no financial burden remains.
For a free consultation, call **(435) 752-3245**



Activity Sign-up

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.

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
X	3/1	Sewing	10:30	\$2	
X	3/8	Sewing	10:30	\$2	
X	3/12	Cooking Class w/ Sherly	11:00	\$2	
X	3/15	Sewing	10:30	\$2	
X	3/22	Sewing	10:30	\$2	
X	3/26	Field Trip: Bird Refuge	9:00	\$15	
X	3/29	Sewing	10:30	\$2	

Total : _____

Office Use Only

Cash
 Credit Card
 Check

Date: _____ Processed By: _____

Name: _____