

Cache County Senior Center

May 2024

Photo by Mike Bullock



Hello Spring

Staying active, engaged, and connected, especially during these sunny months is important. We are excited to bring you a few new activities designed to cater to your interests.

Here's a sneak peek at what we have in store:

Summer Picnic: Let's soak up the sun and enjoy the great outdoors with a delightful picnic in our bowery on May 28th. Join us for a lunch hour filled with good food, laughter and relaxation in our open space just under the bowery.

Stay fit and healthy with the fitness class, karate! It is designed to cater to various fitness levels and interests. This class will be offered May 7th & 21st at 9 am. There are Yoga and Tai Chi sessions as well as line dancing. Wednesdays they are outside enjoying the open green space.

There's something for everyone! Our Stretches and Strength Training instructor is back from winter vacation. We sure have missed her! If you are wanting a class that will get you moving, I suggest you try this one out!

Art and Craft Classes: Unleash your creativity and explore your artistic side with our engaging art and craft classes. You'll have the opportunity to learn new skills and express yourself through various mediums. Acrylic Art classes will be May 15th & 22nd.

All materials will be provided and the cost is \$40, paid in cash to the instructor.

Discover the joy of cooking with our interactive cooking demonstrations led by Tori this month. It will be a gluten free recipe.

Have you wanted to learn Spanish? We have a young volunteer, Mara, who will begin teaching on Wednesdays at 11:00 am.

To celebrate Mother's Day, there will be a special Tea Party for our BEAUTIFUL patrons. Join us in the library for this event.

Lastly, I wanted to share that we are ready to head out of town for a field trip. Join us as we head out to Hill Aerospace Museum on May 9th. Space is limited, so be sure to sign up quick.

Look over the calendar for all these events and much more! Have a beautiful spring and don't forget to tie up your laces and enjoy the beauty that we have in Cache County.

Best, Giselle Madrid, Senior Center Director

Are you new to the area and want to learn more about the Senior Center? Join us Monday through Friday from 2:00 pm to 3:00 pm and we will have someone take you on a tour of the center and share with you all the events that we have planned.

The tours provide a fantastic opportunity for newcomers to learn about our facility, learn about our programs, and discover the many ways in which you can get involved and enrich your life.

Tour times are M-F: 2:00 pm—3:00 pm

Recipe

This Blackberry Avocado Arugula salad makes the most of fresh produce with cucumber, avocado, hazelnuts, vegan feta and a lime mint vinaigrette!



Ingredients:

5 cups of Arugula	1 tbsp. Maple syrup
1 Avocado	3/4 tsp. Salt
1 cup Blackberries	1/3 cup Olive oil
3/4 cup Blueberries	1/3 cup Hazelnuts, toasted
1 1/2 cups Cucumber	1/3 Feta, vegan or regular
2 tbsp. Mint, fresh	
2 tbsp. Lime juice, freshly squeezed	

In a bowl mix the maple syrup, olive oil and the lime juice. To the salad, combine all ingredients and gently mix the dressing in.

Do you have extra COTTON FABRIC?

We are looking for donations for our sewing room! Please no scraps, only pieces big enough for projects.

Drop off at the front desk.

Fraud Information



**NATIONAL ELDER
FRAUD HOTLINE**
1-833-FRAUD-11
1-833-372-8311

If you or someone you know has been a victim of elder fraud, help is standing by at the National Elder Fraud Hotline.

833-FRAUD-11

or 833-372-8311

Monday-Friday, 10:00 a.m.-6:00 p.m. eastern time

English/Español/Other languages available

Fraud and romance scams aimed at older adults resulted in losses of more than \$184 million in 2018. Many crimes go unreported because victims are scared, embarrassed, or don't know who to call. That's why DOJ created the hotline. Information from FBI Internet Crime Complaint Center, March 2019.

What to expect when you call.



We will respond quickly. We strive to connect you to a live contact as soon as possible.



You will be assigned a case manager, who will remain your point of contact.



You will always be treated with understanding and respect.

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.

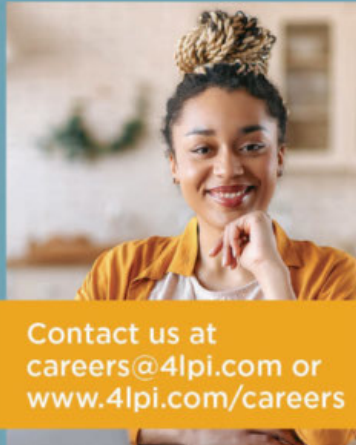
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Medicare-What is the Part D donut hole?

Dear Marci,
I recently got onto a Part D drug plan and am concerned about the donut hole. What should I know about it?
- Lisa (Clinton, NJ)

Dear Lisa,
The donut hole—also called the coverage gap—can be very confusing! Here's what you need to know:
There are four phases of Part D coverage in 2024: the deductible, initial coverage period, coverage gap (or donut hole), and catastrophic coverage. During the deductible, you are responsible for the full cost of your medications. After you spend a certain amount, set by the plan, you reach the initial coverage period, where your plan pays a portion of your drug costs, and you pay a copay or coinsurance. After your total drug costs (what you have paid and what the plan has paid) reach a certain amount (\$5,030 for most plans in 2024), you then enter the donut hole. (Note: If you have Extra Help, the following doesn't apply to you, as you won't have a donut hole.)

Once in the donut hole, you'll be responsible for 25% of the cost of your drugs. You may notice a difference in what you paid for your drugs during your plan's initial coverage phase and the donut hole. For example, if your drug costs \$100 and you paid your plan's \$15 copay while in the initial coverage period, you'll begin paying \$25 for the same drug once you've entered the donut hole.

The donut hole phase ends when you've reached an out-of-pocket amount of \$8,000 for covered drugs. This will put you into the next phase, called catastrophic coverage, during

which you'll have no cost-sharing for your drugs for the rest of the year. Out-of-pocket costs that count toward this \$8,000 limit include:

- Amounts you paid during the deductible period
- What you paid during the initial coverage period
- Almost the full cost of brand-name drugs (including the manufacturer's discount) purchased during the coverage gap
- Amounts paid by others (family members, charities, and other persons on your behalf)
- Amounts paid by State Pharmaceutical Assistance Programs (SPAPs), AIDS Drug Assistance Programs, and the Indian Health Service

Some costs do not count towards the \$8,000 limit. These include:

- Monthly premiums
- Any amount your plan pays toward drug costs
- Non-covered drug costs
- The cost of covered drugs from pharmacies outside your plan's network
- The 75% generic discount

Your plan should keep track of how much money you've spent out of pocket for covered drugs and your progression through coverage periods. You can find current information in your monthly statements!
I hope that helps!

-Marci

Lunch Series | Tuesday Movies

May 2024

Lunch & Learn Series & Entertainment

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

- May 06: Nutrition w/ Jenna/USU Extension- Cooking Demo at 1:00 pm
- May 07: Poison Prevention - Bear River Health Department
- May 08: Diabetes, w/ Ben Boyer
- May 14: Elder Abuse, w/ Candace Wilcox
- May 23: Healthy Living for your Brain and Body
- May 24: Memorial Day Event



Movies every Tuesday at 1pm

May 07: *Return of the Jedi*
(1983, PG, 2h 15m)

May 14: *Happy*
(2011, NR, 1h 13m)



May 21: *Wonka*
(2023, PG, 1h 56m)

May 28: *Damsel*
(2024, PG-13, 1h 47m)

A background image showing a person's hands typing on a laptop. In the background, there are several cardboard shipping boxes and a roll of packing tape, suggesting a shipping or logistics environment.

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May

Monday	Tuesday	Wednesday
		<p>1 <i>May Day</i></p> <p>10:00 Create Better Health 10:30 Thriving w/ Hearing Loss (4 of 6) 11:00 Beginning Spanish 11:00 Horseshoes Tournament</p>
<p>6</p> <p>10:00 Beginner Ukulele Class 11:00 Lotería (Mexican Bingo) 12:10 L&L: Nutrition with Jenna 1:00 Cooking Demo with Jenna 1:00 Coloring Group 2:00 Knitting Group</p>	<p>7</p> <p>9:00 Karate Class 11:00 Socialization & Mind Fitness 12:10 L&L: Poison Prevention w/ BRHD 1:00 Movie: <i>Return of the Jedi</i> (1983)</p>	<p>8</p> <p>10:00 Create Better Health 10:30 Thriving w/ Hearing Loss (5 of 6) 11:00 Beginning Spanish 12:10 L&L: Diabetes w/ Ben Boyer 1:00 Tech Class: <i>How to Take Better Photos</i></p>
<p>13</p> <p>10:00 Beginner Ukulele Class 11:00 Music Bingo 1:00 Coloring Group</p>	<p>14</p> <p>11:00 Socialization & Mind Fitness 12:10 L&L: Elder Abuse w/ Candace Wilcox 1:00 Movie: <i>Happy</i> (2011)</p>	<p>15</p> <p>10:00 Create Better Health 10:00 Pool Tournament 10:30 Thriving w/ Hearing Loss 11:00 Beginning Spanish 1:00 Acrylic Painting Workshop (\$40; 1 of 2)</p>
<p>20</p> <p>10:00 Beginner Ukulele Class 11:00 Bingo 1:00 Coloring Group</p>	<p>21</p> <p>9:00 Karate Class 11:00 Socialization & Mind Fitness 12:45-3:00 Commodities 1:00 Movie: <i>Wonka</i> (2023)</p>	<p>22</p> <p>10:00 Create Better Health 10:00 Field Trip: Nature Hike—Spring Hollow (\$3 bus fee) 11:00 Beginning Spanish 1:00 Acrylic Painting Workshop (2 of 2)</p>
<p>27</p> 	<p>28</p> <p>11:00 Socialization & Mind Fitness 12:00 Lunch Picnic Outside—Bowery 1:00 Movie: <i>Damsel</i> (2024)</p>	<p>29 <i>National Senior Health & Fitness Day</i></p> <p>11:00 Croquet Tournament 11:00 Beginning Spanish 2:15 Book Club: <i>Quiet: The Power of Introverts in a World That Can't Stop Talking</i></p>

May

Thursday	Friday
<p>2</p> <p>CLOSED FOR STAFF TRAINING</p>	<p>3</p> <p>10:30 Sewing (5 of 6) 10:30 Stretches and Strength Training 11:00 Blood Pressure</p>
<p>9</p> <p>9:30 Field Trip: Hill Aerospace Museum (\$10) 11:00 Mothers Day Tea Party 11:15 Card-making w/ Brenda</p>	<p>10</p> <p>10:30 Sewing (6 of 6) 10:30 Stretches and Strength Training 11:00 Music-making with Boomwhackers</p>
<p>16</p> <p>11:00 Poker 11:30 Out to Lunch Bunch: MayMoes (\$2 bus fee) 1:00 Game: Dungeons & Dragons</p>	<p>17</p> <p>9:30 Field Trip: Pickleball (\$2) 10:30 Sewing (1 of 6; \$10) 10:30 Stretches and Strength Training 11:00 Blood Pressure</p>
<p>23</p> <p>11:00 Cooking Class (\$2) 12:10 L&L: Healthy Living 12:30 Craft & Chit Chat (\$3) 1:00 TED Talk: <i>How to live passionately—no matter your age</i></p>	<p>24</p> <p>10:30 Sewing (2 of 6) 10:30 Stretches and Strength Training 11:00 Conversacion de Demencia (Spanish Group) 12:10 Memorial Day Commemoration Event</p>
<p>30</p> <p>9:30 Field Trip: Pickleball (\$2) 11:00 Poker 1:00 Game: Dungeons & Dragons</p>	<p>31</p> <p>10:30 Sewing (3 of 6) 10:30 Stretches and Strength Training 1:00 Craft (\$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
2:00-3:00 Tours

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

Caregiver Support

Tip Sheet: How To Be The Best Caregiver You Can Be

Many of us know an older person with a serious illness or an ongoing health problem. In fact, half of all adult Americans have at least one chronic condition for which they need help from a caregiver, family member, or friend. If you've wondered how to show an older person that you care or how you can help them, here are some tips on how to be the best "care coach" or "care champion" you can be.

Build Confidence

Help the person you're caring for strengthen their confidence that they can get through their treatment. Support them in believing that they'll benefit by undergoing the treatment or rehabilitation, as difficult as it can be at times.

Start with Small Steps

For example, encourage someone dealing with chemotherapy to take just a few sips of water or soup so they get needed fluids, even when nausea or lack of appetite makes it difficult. If they have had a stroke or other mobility problem, help them take just a few steps, with the ultimate goal of getting to the bathroom.

Provide Repeated Encouragement

Tell them that they can eat some soup or take that short walk to the bathroom, and continue to reinforce the idea. Your encouragement should be realistic and repetitive.

Remember their Successes

Even when they feel that it's impossible to eat any soup or take any steps today, remind them gently that they did it yesterday and can do it again today.

Exercise Compassion

When the person you're caring for is going through chemotherapy or other difficult treatment, sometimes the best way to help is to just sit and talk with them during their treatment—that helps take their mind off the process. Or take them out for a milkshake when that's all they can eat. For someone who has had a stroke, help them manage their fear of falling by supporting them when they get up from a wheelchair.

Avoid Useless Gestures

Try not to say things like "let me know if I can do anything" or "call me if there is anything I can do." When someone is sick, they're unlikely to ask for help. Take the initiative to provide concrete help.

Don't Hesitate to Act

Never be afraid to just DO or SAY something. Don't avoid getting in touch with someone to let them know you've heard about their illness. Don't hesitate because you're afraid you're intruding on the person's privacy. If you heard about their illness, it is no secret. Never fear calling or sending an email or a card. Show you care in any and every way. You'll know by their response if it helps. Social support is critical to building their confidence and helping them get through their treatment or cope with an ongoing illness.

Offer Words of Encouragement

Think of things that may have helped you through difficult situations in the past and share them. This may be something as simple as sharing a favorite quote from a book that helped you put things in perspective or gave you hope in difficult times. Such words of encouragement can help the person you're caring for cope with their own challenges in treatment.

Continued on Pg. 14

Activities

MOTHERS DAY *tea party*

Thursday, May 9th,
11-12 in the library.
Stop in for refreshments
anytime that hour.



Acrylic Painting Workshop

WEDNESDAYS MAY 15TH
AND 22ND
1:00 PM
ONLY 15 SPOTS-
MUST RSVP AT FRONT DESK
\$40 CASH TO BE PAID TO INSTRUCTOR
INCLUDES ALL SUPPLIES



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MAY

Monday	Tuesday	Wednesday	Thursday	Friday
<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.</p>		<p>1</p> <p>Meatloaf Au gratin Potatoes Parmesan Roasted Carrots Spiced Pears</p>	<p>2</p> 	<p>3</p> <p>Chicken Fajitas Cilantro Lime Rice Sautéed Vegetables Tropical Fruit</p>
<p>6</p> <p>Chef's Choice</p>	<p>7</p> <p>Sloppy Joe Casserole Mixed Green Salad Mandarin Oranges Chips</p>	<p>8</p> <p>Alpine Chicken Brown Rice Green Beans Peaches Texas Sheet Cake</p>	<p>9</p> <p>Chili Baked Potato Broccoli w/ Cheese Fruit Salad Frog-Eye Salad</p>	<p>10</p> <p>Lemon Garlic Salmon Creamed Spinach Wild Rice Lemon Cupcake</p>
<p>13</p> <p>Rueben Sandwich Blueberry Peach Feta Salad Brownie</p>	<p>14</p> <p>Cheesesteak Potato Casserole Rainbow Chop Salad Pineapple & Grapes</p>	<p>15</p> <p>Chef's Choice</p> 	<p>16</p> <p>Sweet and Sour Meatball Wild Rice Peas & Carrots Melon</p>	<p>17</p> <p>Pork Chop Au Gratin Potatoes Roasted Vegetables Watermelon</p>
<p>20</p> <p>Orange Chicken Fried Rice Stir Fry Vegetables Mandarin Oranges Mango w/ Tapioca</p>	<p>21</p> <p>French Dip Carrot Salad Fruit Cocktail Chips Rice Crispy Treat</p>	<p>22</p> <p>Baked Ravioli Italian Veggies Apple Salad Garlic Bread</p>	<p>23</p> <p>Irish Beef Stew Mashed Potatoes Peas & Carrots Peaches</p>	<p>24</p> <p>French Toast Sticks Sausage V8 Strawberry Banana Cheesecake Salad</p>
<p>27</p> 	<p>28</p> <p>Hotdog Broccoli Salad Watermelon Chips</p>	<p>29</p> <p>Roasted Chicken Mashed Potatoes Roasted Butternut Squash Grape Salad</p>	<p>30</p> <p>Fish & Chips Coleslaw Melon Salad Cookie</p>	<p>31</p> <p>Chef's Choice</p>

Field Trips & Tournaments

FIELD TRIPS



Hill Aerospace Museum
May 09 @ 9:30am | \$10



Lunch: MayMoes
May 16 @ 11:30am | \$2



Pickleball (two trips!)
May 17 @ 9:30am | \$2
May 30 @ 9:30am | \$2



Hike: Spring Hollow
May 22 @ 10am | \$3

RSVP with payment and the sign-up sheet

TOURNAMENTS



Horseshoes
May 01 @ 11am



Pool
May 15 @ 10am



Croquet
May 29 @ 11am

All are free! No signup needed, just show up

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Adult Coloring



Activities

Karate Class (can be done from a chair!)

Ever wanted to try martial arts? ALL abilities are welcome!

Tuesdays: 5/7 and 5/21 at 9:00AM



Come color with us!

Coloring Group

MONDAYS AT 1 PM

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Caregiver Support

Continued from Pg. 8

You can also share your experiences about things that have helped you be resilient and bounce back during challenging times.

Check in Often to Show you Care

Check in repeatedly with the person you're caring for. Educate yourself about their illness and the course of treatment they face. Then call, email, or visit with them at times you know will be most difficult for them.

For example, with cancer treatment, the day of treatment may not be as hard as the days after, when the symptoms really hit. Find out their treatment schedule and check in with them then.

Take Care of Yourself

When you become a care coach, the first and most important step is for you to take care of yourself. You can't possibly give support to someone else unless you're strong yourself. Set limits if you need to and make sure to do the things that keep you happy and healthy.

Ask Questions about Care Procedures You Are Not Comfortable Doing

You may have to provide hands-on care that you are not comfortable doing such as giving someone an injection or taking care of a wound. Do not be afraid to ask questions of health care providers, even if you have been instructed previously on the procedure. Make sure you feel comfortable and confident so that this type of care does not cause you anxiety or stress.

Senior Services

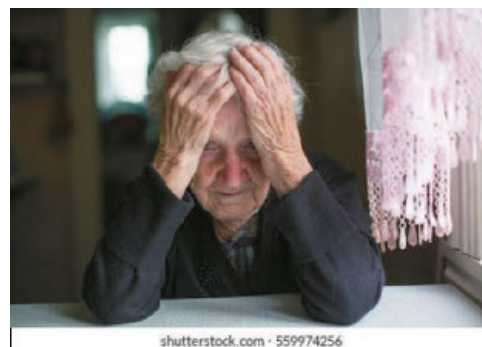
Meals on Wheels Reminders

Do I have to be home to receive my meal? Yes! You must be home when your meal is delivered. For your health and safety,



we cannot leave meals outside or in coolers. Our volunteers and drivers enjoy their visits with you. If you are not going to be home and need to cancel, please call Meals on Wheels by 9:30 am the day of at 435.755.1720.

What is expected of me? Please be dressed and ready when your meal delivery arrives. We expect all clients to be respectful of volunteers' and drivers' time and communicate courteously with all our team members. We are here for you. Please let us know if you have any questions. Currently, we do not charge Meals on Wheels clients for the meals provided to them; however, we do request a donation of \$4.00 per meal. A donation statement is delivered at the beginning of the month for the previous month's meals. All donations are confidential and anonymous and can be mailed in or sent in with your MOW volunteer.



Adult Protective Services

Utah law requires any person who has reason to believe that a vulnerable adult

is being abused, neglected, or exploited to immediately notify Adult Protective Services or the nearest law enforcement office. Causing harm or injury, attempting to cause harm, or inappropriately using physical restraint, medication, or isolation that could cause harm to a vulnerable adult is illegal. How to Report By Telephone (M – F) 8:00 AM – 5:00 PM 1.800.371.7897 Report Online (24/7) daas.utah.gov/adult-protective-services/

Events & 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 @10:00am at the Senior Center!

May 1

My Plate
Dietary Guidelines
Physical Activity Guidelines
Create a Skillet Meal

May 8

Nutrition Facts Label
Barriers to Physical Activity
Create a Grain Bowl

May 15

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

May 22

Healthy Eating Patterns
Physical Activity Review
Create Pizza

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

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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.

May 1st is the 1st day that all patrons 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
	5/9	Field Trip: Hill Aerospace Museum	9:30	\$10	
	5/15, 5/22	Acrylic Painting (2 classes)	1:00	\$40	
	5/16	Out to Lunch Bunch: MayMoes	11:30	\$2	
	5/17	Field Trip: Pickle Ball	9:30	\$2	
	5/17	Sewing (6 classes) New Signups Only	10:30	\$10	
	5/22	Field: Nature Hike: Spring Hollow	10:00	\$3	
	5/23	Cooking Class	11:00	\$2	
	5/23	Craft & Chit Chat	12:30	\$3	
	5/30	Field Trip: Pickle Ball	9:30	\$2	
	5/31	Craft	11:00	\$2	
				Total:	_____

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