

# Cache County Senior Center

September 2024



As September unfolds, we're thrilled to celebrate Hispanic Heritage

Month with a vibrant array of events designed to honor and showcase the rich cultural tapestry of Hispanic and Latin American traditions. This month, immerse yourself in a series of engaging activities that highlight the beauty and diversity of Hispanic cultures.

**Dance into the Spirit of the Month:** Get ready to be mesmerized by captivating dance presentations from Puerto Rico and Ecuador. These performances will offer a lively glimpse into the rhythmic and colorful traditions that define these regions.

**Savor the Flavors:** Join us for tantalizing cooking demonstrations featuring traditional dishes from Puerto Rico and Ecuador. Whether you're a seasoned chef or a curious foodie, these classes will guide you through the delicious nuances of these vibrant cuisines.

**Fun with Lotería:** Embrace the joy of Hispanic culture with a game of Lotería, a traditional Mexican bingo game that's both fun and educational. It's a fantastic way to connect with others while learning more about Hispanic symbols and traditions.

**Explore and Engage:** Lace up your hiking boots for a scenic trek along the Logan River trail, where you'll experience the beauty of nature and community camaraderie. And don't miss our Stretches and Strength Training class, a perfect opportunity to stay fit and active while fostering a sense of community.

**Cultural Enrichment:** Dive deeper into Hispanic heritage with our lineup of movies spotlighting the richness and diversity of Hispanic cultures. Each film offers a unique perspective and is a wonderful way to continue the celebration at home.

**A Special Trip:** Mark your calendars for a poignant visit to the 9/11 Memorial Tour, an opportunity to reflect and honor the resilience of our community.

Attend our evidence based fall prevention class at the end of the month. It's 6 weeks long and FREE. Make sure to sign up!

Lastly, the center will be closed Sept. 2 for the holiday and the 16 there will be no jeopardy and bingo.

Join us in making this Hispanic Heritage Month truly memorable. Let's come together to celebrate, learn, and enjoy the vibrant cultural expressions that enrich our lives.

Best,

Giselle Madrid Sr. Center Director

The purpose of the 9/11 Project is to bring community members together. This event features an immersive visual experience, hundreds of volunteers work together collaboratively to make this memorable memorial come to life.



Join us as we visit The 9/11 Project on Sept. 11th.  
Bus leaves at 10:00 am. Transportation fee is \$2.00

# Recipe

Servings: 2  
Prep Time: 5 minutes  
Chilling Time: 4 hours or overnight  
Total Time: 4 hours 5 minutes (or overnight)

## Ingredients:

1/2 cup canned pumpkin puree  
1/2 cup rolled oats  
1/2 cup milk (any type: dairy, almond, oat, etc.)  
1/4 cup plain Greek yogurt (optional for added creaminess)  
1-2 tablespoons maple syrup (or honey, to taste)  
1/2 teaspoon ground cinnamon  
1/4 teaspoon ground nutmeg  
1/4 teaspoon ground ginger  
1/4 teaspoon ground cloves (optional)  
1/2 teaspoon vanilla extract  
Pinch of salt

Optional toppings: chopped nuts, dried cranberries, chia seeds, extra maple syrup, or whipped cream

## Instructions:

### Mix the Ingredients:

In a medium bowl or jar, combine the pumpkin puree, rolled oats, milk, Greek yogurt (if using), maple syrup, cinnamon, nutmeg, ginger, cloves (if using), vanilla extract, and a pinch of salt.

Stir well to ensure all the ingredients are fully incorporated.

### Chill Overnight:

Cover the bowl or jar with a lid or plastic wrap and refrigerate for at least 4 hours,



## Pumpkin Pie Overnight Oats

preferably overnight, to allow the oats to soak and the flavors to meld.

## Serve:

In the morning, give the oats a good stir. If they're too thick, add a splash of milk to reach your desired consistency.

Top with your favorite toppings, such as chopped nuts, dried cranberries, chia seeds, or a drizzle of maple syrup. You can even add a dollop of whipped cream for an extra treat.

You are invited to a  
Live Webinar at the center to  
see Dr. Shervin Rahimpour  
speak and answer questions  
about new treatments for  
essential tremors and  
Parkinson's disease.

Monday September 9th at 2pm  
in the cafeteria  
FREE

# Resources

## Transportation Vouchers

Clients can be reimbursed for travel costs to doctor appts., to social service programs, like the Senior Center, and or other medical care. If you are 60 you automatically qualify. 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 713-1460.



**MAPLE Springs**  
OF NORTH LOGAN  
Senior Living Community  
Assisted Living, Memory Care,  
Skilled Nursing & Rehabilitation

Your Life, Your Way.  
Give us a Call Today!

350 E. 2200 N. • Logan, UT  
(435) 753-9400  
[www.MapleSpringsLiving.com](http://www.MapleSpringsLiving.com)

**SUPPORT OUR  
ADVERTISERS!**

**LET'S GROW YOUR BUSINESS**  
Advertise in our Newsletter!

**CONTACT ME**  
**Jay Schwartz**

[jschwartz@4LPi.com](mailto:jschwartz@4LPi.com)

(800) 477-4574 x6801

**SUPPORT OUR ADVERTISERS!**





## What mental health care does Medicare cover?

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

-Josefina (Cleveland, OH)

Dear Josefina,

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

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

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

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

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

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

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

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

I hope this helps!

-Marci

## Lunch Series | Tuesday Movies

### September

Lunch & Learn Series &  
Entertainment

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

- Sept 9: Nutrition w/ Jenna-  
Cooking Demo @ 1pm
- Sept 10: Community Connect,  
Logan City Fire Department
- Sept 13: Lunchtime Music  
w/Colleen Gordin
- Sept 18: Fall Prevention, Kylie  
Finlayson, Enhabit Hospice
- Sept 20: Entertainment  
Celebrating Hispanic Heritage  
Month



# NOW SHOWING

Movies every Tuesday at 1pm

### Sep 03: *Thelma*

(2024, PG-13, 1h 37m)

### Sep 10: *Spare Parts*

(2015, PG-13, 1h 55m)

### Sep 17: *In the Heights*

(2021, PG-13, 2h 23m)

### Sep 24: *A Million Miles Away*

(2023, PG, 2h 1m)

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.

# SUPPORT THE ADVERTISERS that Support our Community!

# September 2024

Monday	Tuesday	Wednesday
<p><b>2</b></p> 	<p><b>3</b></p> <p>1:00 Movie: <i>Thelma</i> (2024)</p>	<p><b>4</b></p> <p>9:45 Chair Yoga 11:00 Class: American Sign Language (6 of 8)</p>
<p><b>9</b></p> <p>11:00 Bingo 12:00 - 4:00 AARP Smart Driver 12:10 L&amp;L: Nutrition with Jenna 1:00 Cooking Demo with Jenna 1:00 Knitting Group 2:00 Webinar: Treatment options for tremor and Parkinson's disease</p>	<p><b>10</b></p> <p>12:10 L&amp;L: Logan Fire Dept. Community Connect 1:00 Movie: <i>Spare Parts</i> (2015)</p> 	<p><b>11</b></p> <p>9:45 Chair Yoga 10:00 9 /11 Project Field Trip (\$2) 11:00 Class: American Sign Language (7 of 8)</p>
<p><b>16</b></p> <p><b>No Bingo No Jeopardy</b></p> 	<p><b>17</b></p> <p><b>12:45-3:00 Commodities</b> 1:00 Movie: <i>In the Heights</i> (2021)</p>	<p><b>18</b></p> <p>9:45 Chair Yoga 11:00 Class: American Sign Language (8 of 8) 12:10 L&amp;L: Fall Prevention w/ Kylie Finlayson, Enhabit Hospice 2:00 Book Club: <i>The Boys in the Boat</i></p>
<p><b>23</b></p> <p>11:00 Lotería (Mexican Bingo) to celebrate Hispanic Heritage Month 12:30 Jeopardy (Questions celebrating Hispanic Heritage Month)</p>	<p><b>24</b></p> <p>1:00 Movie: <i>A Million Miles Away</i> (2023)</p>	<p><b>25</b></p> <p>9:45 Chair Yoga</p> 
<p><b>30</b></p> <p>11:00 Bingo 1:00 Stepping On Fall Prevention Class</p>	<p><b>To register for the AARP safe driver course please call Kent Haddock 435-890-5901</b></p> 	

# September 2024

Thursday	Friday
<b>5</b> 8:45 Field Trip: Hike—Logan River Trail (\$2) 11:15 Card-making with Brenda	<b>6</b> 10:30 Sewing (4 of 6) 11:00 Blood Pressure 11:00 Stretches and Strength Training
<b>12</b> 11:30 Field Trip: Daughters of the Utah Pioneers Museum and Out to Lunch Bunch: Le Croissant (\$2)	<b>13</b> 10:30 Sewing (5 of 6) 11:00 Stretches and Strength Training 12:10 Lunch Music: Colleen Gordin
<b>19</b> 11:00 Poker 11:00 Cooking Class w/Emilio: Celebrating Hispanic Heritage Month—Ecuador (\$2)	<b>20</b> 10:00 Painting with Peg (\$3) 10:30 Sewing (6 of 6) 11:00 Blood Pressure 11:00 Stretches & Strength 12:10 Celebrating Hispanic Heritage Month with dance from Ecuador and Puerto Rico
<b>26</b> 11:30 Cooking Class w/Sherly: Celebrating Hispanic Heritage—Puerto Rico (\$2) 12:30 Craft & Chit Chat: Frida Kahlo Head Bands (\$3)	<b>27</b> 10:30 Sewing (1 of 6; \$10) 11:00 Stretches and Strength Training 1:00 Technology Assistance

## Daily Activities

**8:30-2:30 Computers**  
**8:30 Fitness Room**  
**8:30 Library**  
**12:00-1:00 Lunch**  
**8:30 Pool Tables**  
**8:30-2:30 Quilting**

### Monday

**9:00 Game: Hand & Foot**  
**10:00 Ukulele Class**  
**11:00 Bread & Jam Band**  
**11:00 Bingo**  
**12:30 Jeopardy**  
**1:00 Coloring Group**  
**1:00 Tai Chi**

### Tuesday

**8:30 Ceramics**  
**10:30 Tai Chi**  
**10:30 Writers Group**  
**11:00 Socialization & Mind Fitness**  
**12:30 Mahjong**  
**1:00 Movie**

### Wednesday

**9:45 Chair Yoga (NEW TIME!)**  
**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**  
**12:30 Mahjong**

### Friday

**10:00 Painting**  
**10:30 Sewing**  
**11:00 Board Games**  
**1:00 Tai Chi**  
**2:15 Mindfulness Group**



# Fraud



Genetic testing scams are a rapidly growing fraud trend throughout the country. Scammers are offering Medicare beneficiaries cheek swabs for genetic testing to obtain their Medicare information for fraudulent billing purposes or possibly medical identity theft.

Genetic testing fraud occurs when Medicare is billed for a test or screening that was not medically necessary and/or was not ordered by a beneficiary's treating physician. Here are several ways genetic testing is advertised:

- Cancer screening/test - DNA screening/test
- Hereditary cancer screening/test - Dementia screening/test
- Pharmacogenetics (medication metabolism) - Parkinson's screening/test

## Report potential genetic testing fraud, errors, or abuse if:

- A company offers you "free" or "at no cost to you" testing without a treating physician's order and then bills Medicare.
- A company uses "telemedicine" to offer testing to you over the phone and arranges for an unrelated physician or "teledoc" to order the test
- You see on your Medicare Summary Notice (MSN) or Explanation of Benefits (EOB):
- Charges (usually thousands of dollars) for a broad range of genetic tests that you did not request or possibly even receive
- Charges for pharmacogenomic tests (to determine how you metabolize drugs) for drugs that do not apply to you
- A company requests your Medicare number (or possibly driver's license) at health fairs, senior centers, assisted living facilities, malls, farmers markets, parking lots outside retail stores, home shows, or church-sponsored wellness events.

## Cardiovascular Genetic Testing Fraud

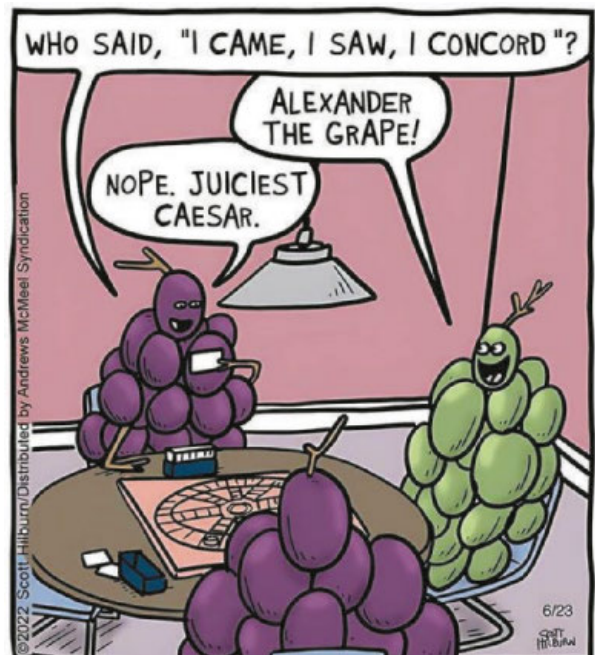
Cardiovascular genetic testing fraud occurs when Medicare is billed for a cardio type of test or screening that was not medically necessary and/or was not ordered by a beneficiary's treating physician.

Here are several ways cardiovascular genetic testing is advertised:

- Cardio/cardiac genetic screening/test
- Cardiovascular genetic screening/test
- Comprehensive cardiovascular panel
- Comprehensive cardiomyopathy NSG
- Cardiovascular disease genetic kit
- Hereditary cardiovascular profile

## Report potential cardiovascular genetic testing fraud, errors, or abuse if:

- A company offers you "free" or "at no cost to you" testing without a treating physician's order and then bills Medicare.
- A company uses "telemedicine" to offer testing to you over the phone and arranges for an unrelated physician or "teledoc" to order the tests.
- Medicare is billed (usually thousands of dollars) for a broad range of cardiac genetic tests that you did not request or possibly even receive.
- A company calls you stating your doctor or cardiologist requested that you have the testing done and they will send you a testing kit.





# Hispanic Heritage Month



We celebrate Hispanic Heritage Month to recognize the achievements and contributions of Hispanic American champions who have inspired others to achieve success.

Why the split between months? The answer is tied with the Independence Day celebration for several Central American Countries.

The observation started in 1968 as Hispanic Heritage Week under President Lyndon Johnson. It was expanded by President Ronald Reagan in 1988 to cover a 30-day period.

The word Hispanic is typically used to describe people with a heritage rooted in Spanish-speaking Latin America.

## NEVER MISS OUR NEWSLETTER!

**SUBSCRIBE**

Have our newsletter  
emailed to you.



VISIT [WWW.MYCOMMUNITYONLINE.COM](http://WWW.MYCOMMUNITYONLINE.COM)



# September

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> 	<p>3</p> <p><b>Chef's Choice</b></p>	<p>4</p> <p><b>Meatball Sandwich</b> Mixed Vegetables Pears Chips</p> 	<p>5</p> <p><b>Ham</b> Au Gratin Potatoes Fresh Green Beans Apple Crisp</p>	<p>6</p> <p><b>Roasted BBQ Chicken</b> Mac &amp; Cheese Steamed Broccoli Fruit Pumpkin Pie Crisp</p>
<p>9</p> <p><b>Loaded Baked Potato Soup</b> House Salad Fruit Pumpkin Snickerdoodle Cookie</p>	<p>10</p> <p><b>Hot Open Faced Turkey Sandwich</b> Mashed Potatoes &amp; Gravy Peas &amp; Carrots Apple Salad</p>	<p>11</p> <p><b>Sweet Pork Salad</b> Tropical Fruit Twix Cookie</p> 	<p>12</p> <p><b>Beef Stroganoff</b> Buttered Noodles Cascade Veggies Fruit Cocktail Rice Crispy Treat</p>	<p>13</p> <p><b>Salmon Bites w/ Couscous</b> Roasted Root Vegetable Grape Salad Cookie</p>
<p>16</p> <p><b>Hot Dog</b> Baked Beans Broccoli Salad Sliced Apples</p>	<p>17</p> <p><b>Club Sandwich</b> 3 Bean Salad Fruit Cocktail Chips</p>	<p>18</p> <p><b>Roast Beef</b> Au Gratin Potatoes Creamed Peas Fruit Wheat Roll</p>	<p>19</p> <p><b>Chef's Choice</b></p>	<p>20</p> <p><b>Beef Enchilada Casserole</b> Peas &amp; Carrots Mandarin Cup Churro</p>
<p>23</p> <p><b>Meat Loaf</b> Mashed Potatoes w/Gravy Glazed Baby Carrots Fruit</p>	<p>24</p> <p><b>Chicken Wild Rice Soup</b> Caesar Salad Fruit Wheat Crackers</p>	<p>25</p> <p><b>Turkey Noodle Bake</b> Roasted Vegetables Wheat Roll Fruit</p>	<p>26</p> <p><b>Chef's Choice</b></p>	<p>27</p> <p><b>French Onion Meat Balls</b> w/ Mushroom Gravy Mashed Potatoes Sautéed Zucchini Mixed Fruit</p>
<p>30</p> <p><b>Chili Pot Pie</b> Green Beans Fruit Texas Sheet Cake</p>				



# Hispanic Heritage Month Activities



Celebrate Hispanic Heritage Month with us at Craft and Chit Chat on Sept 26 at 12:30 (\$3) We will be making Frida Kahlo Head Bands, and learning about her amazing life!



*Celebrate*  
HISPANIC HERITAGE MONTH  
TWO COOKING CLASSES!  
W/ EMILIO MAKING  
TEQUEÑOS  
THURSDAY, 9/19 @ 11AM  
&  
W/ SHERLY MAKING  
PUERTO RICAN PASTRIES  
THURSDAY, 9/26 @ 11:30AM  
\$2 EACH CLASS- SIGN UP AT FRONT DESK

**ADVERTISE HERE**  
to reach your community



**Call 800-950-9952**

**ARE YOU REACHING  
THE MEMBERS IN YOUR  
COMMUNITY?**

To advertise here  
visit [lpicommunities.com/adcreator](http://lpicommunities.com/adcreator)



**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**



[lpicommunities.com/adcreator](http://lpicommunities.com/adcreator)





# Medicare



## Medicare Watch

Because Medicare is now able to negotiate lower prescription drug prices for seniors and people with disabilities, American taxpayers are expected to save \$6 billion on prescription drug costs, and people enrolled in Medicare are expected

to save \$1.5 billion in out-of-pocket costs in 2026 alone. President Biden and Vice President Harris took on Big Pharma and won, and now millions of seniors and others on Medicare will soon see their drug costs go down on some of the most common and expensive prescription drugs that treat heart disease, cancer, diabetes, blood clots, and more. The new

prices will go into effect for people with Medicare Part D prescription drug coverage in 2026: these new prices will cut the list price of these drugs between 38 and 79 percent.

Source: CMS, <https://www.cms.gov/files/document/fact-sheet-negotiated-prices-initial-price-applicability-year-2026.pdf>

Drug Name	Commonly Treated Conditions	Number of Medicare Enrollees Who Used the Drug in 2023	Drug List Price in 2023 for 30-day Supply	Negotiated Price for 2026 for 30-day Supply	Savings (%)
Eliquis	Prevention and treatment of blood clots	3,928,000	\$521	\$231	\$290 (-56%)
Jardiance	Diabetes; Heart failure; Chronic kidney disease	1,883,000	\$573	\$197	\$376 (-66%)
Xarelto	Prevention and treatment of blood clots; Reduction of risk for patients with coronary or peripheral artery	1,324,000	\$517	\$197	\$320 (-62%)
Januvia	Diabetes	843,000	\$527	\$113	\$414 (-79%)
Farxiga	Diabetes; Heart failure; Chronic kidney disease	994,000	\$556	\$178.50	\$377.50 (-68%)
Entresto	Heart failure	664,000	\$628	\$295	\$333 (-53%)
Enbrel	Rheumatoid arthritis; Psoriasis; Psoriatic arthritis	48,000	\$7,106	\$2,355	\$4,751 (-67%)
Imbruvica	Blood cancers	17,000	\$14,934	\$9,319	\$5,615 (-38%)
Stelara	Psoriasis; Psoriatic arthritis; Crohn's disease; Ulcerative colitis	23,000	\$13,836	\$4,695	\$9,141 (-66%)
Fiasp; Fiasp FlexTouch; Fiasp PenFill; NovoLog; NovoLog FlexPen; NovoLog PenFill	Diabetes	785,000	\$495	\$119	\$376 (-76%)

# New Class

## JOIN US ON SEPT 30TH AT 1:00 FOR A NEW CLASS OF STEPPING ON (A FALL PREVENTION COURSE)

COVERING A RANGE OF ISSUES:

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



If you or someone you know would benefit from **this FREE 6 week class**

RSVP today by calling  
435-755-1720 or stopping by the  
Cache County Senior Center  
240 North 100 East, Logan UT 84321

## DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

Engaging, ad-supported print and digital newsletters to reach your community.

Visit [lpicomunities.com](http://lpicomunities.com)

 OUR COMMUNITY NEWSLETTER  
OCTOBER EDITION



Scan to contact us!

## 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](mailto:careers@4lpi.com) or  
[www.4lpi.com/careers](http://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



# Safety

## A Quick Message from Fire Chief Brad Hannig



The City of Logan Fire Department is always looking for ways to improve the services we provide to our community. We are excited to announce that we are providing a new program that allows us to protect our residents lives and property in even more effective ways. The program is Community Connect. It is a free, secure, and easy way for our communities to provide critical information about their households to our first responders. By providing information about you or your residence that you feel is important for our emergency response personnel to know about in the unfortunate event that there is an emergency, we can ensure you and everything you care about can be better protected. -Fire Chief Hannig- If you live in Logan City, Hyde Park, River Heights we encourage you to sign up. Sept. 10th at 12:10 Logan Fire Dept. will present at a Lunch and Learn to share more information on this new service.

### How Does it Work?

1. Create an account- Sign in for free and get started doing your part. It just takes your email, phone number and address.

### Enter the info that matters most

2. Enter valuable information that can help us assist more effectively during an emergency.

### Help your Fire Department when seconds count

3. That's it. Just keep us updated when things change over time so we can always be prepared.

## WHAT KINDS OF INFORMATION CAN I PROVIDE?

Any information you provide through Community Connect is completely voluntary and based on what you are comfortable sharing. We have made it easy for you to know what may be important by organizing your secure portal into buckets of information you can enter.

To create an account please visit: <https://sizeup.firstduesizeup.com/cc/logan/auth/signup>

For more information please visit: <https://www.communityconnect.io/faq/ut-logan>



### Your Property

Understanding critical information such as your residence type, whether or not you have fire sprinklers, or designated family meeting places, improves our ability to respond and make decisions during an emergency.



### Your People

Let us know who is best to contact in case of an emergency. Your contacts can help us with everything from access, to how to deal with potential hazards or locate occupants. Getting in touch helps us better communicate at the time when it's needed most.



### Your Needs

If you or members of your family have mobility or other types of functional needs that may require additional assistance, letting us know means we can plan accordingly and respond more quickly to those needs.



### Your Pets

Your pets are part of the family too. We want to make sure that we are able to evacuate pets and best handle them as best we can during an incident. Tell us about any type of pet at your residence - even take a photo so we can spot them easily!



# Art Class

## PAINT WITH PEG



*Sept 20th @ 10 am*

*\$3.00 (all supplies included)*

*Must sign up at front desk!*



# NEVER MISS OUR NEWSLETTER!

**SUBSCRIBE**

Have our newsletter emailed to you.



Visit

[www.mycommunityonline.com](http://www.mycommunityonline.com)

**THRIVE**  
LOCALLY

### Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

**AD CREATOR STUDIO**



[lpicommunities.com/adcreator](http://lpicommunities.com/adcreator)



For ad info. call 1-800-950-9952 • [www.lpicommunities.com](http://www.lpicommunities.com)

Cache County Senior Center, Logan, UT

F 4C 05-1038

# Activity Sign Up Sheet

Please 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 an “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.

*September 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	Cost	Total
	9/05	Field Trip: Hike—Logan River Trail	\$2	
	9/11	Field Trip: The 9/11 Project	\$2	
	9/12	Field Trip: The Daughters of the Utah Pioneers Museum and Out to Lunch Bunch: Le Croissant	\$2	
	9/19	Cooking Class w/Emilio	\$2	
	9/20	Paint with Peg	\$3	
	9/26	Cooking Class w/Sherly	\$2	
	9/26	Craft and Chit Chat– Frida Kahlo Head Bands	\$3	
	9/27	Sewing Class	\$10	
	9/30	Stepping On (A Fall Prevention Class)	FREE	
			Total:	_____

## *Office Use Only*

Cash

Credit Card

Check

Name: \_\_\_\_\_