

Cache County Senior Center

October 2024

Photo by Mike Bullock



On behalf of our entire team, we want to extend our deepest gratitude to each of you for welcoming and including our friends from all parts of the world. This last month we celebrated National Hispanic Heritage Month and learned so much from our friends from Ecuador, Venezuela, Peru, and Puerto Rico. Your openness and acceptance have created an atmosphere where people feel valued, supported, and embraced. We were able to celebrate our friends and to allow them to share their unique culture with all of you. It has been heartwarming to witness the friendships that have blossomed, and we are grateful for the kindness and respect you have shown in making them feel like part of the Senior Center family.

As the weather shifts and the crisp autumn air settles in, there is a change we are excited to share. We introduce our new Recreation Coordinator, Kylie. With passion for working with older adults, she is eager to bring fresh ideas and energy to our programs. We invite all of you to share your thoughts and suggestions to help plan future activities—your input is valued as we work together to make our center even more vibrant. We look forward to seeing you on October 3rd at 1:00 pm at the planning meeting! Join in planning and telling us what you would like to see at the center!

In life we know that change is inevitable. Just as the seasons change, so do our lives. As a Director, it is an honor to work with this incredible staff. I have the difficult job to mourn with them when the decision is made to leave whether it be; health issues, family reasons and personal reasons. I cheer them on when the decision is to pursue different interest, different careers and life paths. Each parting is very difficult. It is with the heaviest of hearts that I share with you that our dear Tori (Victoria) has decided to move on a different path. She is going to be missed dearly but am excited for her growth. We all express our

gratitude for her service.

This month, don't miss our flu shot/COVID-19 vaccine clinic, a walking field trip to the Logan City Fire Station, our final hike of the season on the Logan River trail in Logan canyon, the out to lunch bunch will visit the Pumpkin walk and then go to enjoy a nice lunch, and of course, our annual Halloween activities including a party filled with fun and festivities! Don't forget to come in costume. If you have been here in years past, you will know that we have a wonderful time at our witches convention. All women are invited, show up in your witchiest costume and lets brew up some fun! There are many more fun activities planned, be sure to look over the activity page, especially all the spooky movies. We have included a good range from new to classics.

Lastly....SILVER SNEAKERS exercise class is beginning at the center!!! Tuesday at 11:00 am. Bring good gym shoes and your heart ready to get pumped up!

Don't forget this month Open Enrollment begins. Oct.15 –Dec. 7th. Call to set up a time to visit with Colby or Giselle to look over your part D plans.

This last month I have been working on a few grants and one in particular is for a feasibility study. The truth of the matter is, we need more classroom space. There are programs that we would like to see happen but with lack of space these programs become impossible. I have heard from many of you who to wish to see a new center, I encourage you to write your local representative and express your desire of a new center. Your voice matters and is important. If you do not know who your representative is feel free to reach out and I can help find out who it is.

Best,
Giselle

Recipe

JUICY 3 INGREDIENT SLOW COOKER CRANBERRY CHICKEN



Juicy 3 Ingredient Slow Cooker Cranberry Chicken cooked to tender perfection in a sweet and tangy cranberry sauce!

Ingredients

- 4 boneless skinless chicken breasts
- 1 cup French dressing - (see note for my easy homemade version!)
- 1 15-ounce can whole cranberry sauce - OR 1 cup homemade cranberry sauce

Instructions

Lightly grease a slow cooker. Place chicken breasts in the bottom in a single layer.

Whisk together French dressing and cranberry sauce. Pour over chicken. Turn chicken to coat all sides of the chicken.

Cover and cook on high for 3-4 hours or on low for 6 hours until chicken is cooked through. Garnish with toasted pine nuts and chopped parsley if desired and serve.

Notes

For homemade French dressing, combine 1 cup oil (I use vegetable oil, canola or olive would work as well), 1/4 cup brown sugar, 1/4 cup vinegar, 1/2 cup ketchup, 1 teaspoon minced garlic, and 2 teaspoons onion powder in a jar. Cover, shake until well combined. Taste the dressing and add salt and pepper to taste. Store chilled until ready to use.**I adapted this recipe from one I found in my mother's recipe files – hers called for 1 package of Lipton Onion Soup in addition to the French dressing and the Cranberry sauce. I have tried this and it is extra delicious so if you have a packet of the onion soup on hand I highly recommend adding that 4th ingredient!

<https://www.lecremedelacrumb.com/3-ingredient-slow-cooker-cranberry-chicken/>

To everyone who makes the Senior Center special,

I never thought I would write a letter like this but I am grateful I can. With sadness, I can not express with words, love that doesn't fit into hugs and all of the joy and laughter I have experienced here, I am writing to tell everyone that October will be my last month in the Kitchen. Through no fault of anyone but circumstances beyond my control, I am leaving the Cache Senior Center to take time to take care of my physical health. My time at the Senior Center has been unforgettable, you are all unforgettable. Thank you for the experiences, laughs and memories that will last a lifetime. Thank you to everyone that I have had the pleasure of serving, getting to know and love. You are the reason I smile every day.

With love

Victoria (Tori) Kirk

About HEAT: The Home Energy Assistance Target (HEAT) Program helps families in Cache, Rich, and Box Elder Counties manage their utility costs during the winter. HEAT is a federal program administered by the State of Utah and offers assistance to residents from Nov. 1 to March 31 unless funds run out early. You can schedule an appointment, please call one of the following numbers: In Box Elder County – (435) 723-1116 In Cache County – (435) 713-1444

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.



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Medicare's Open Enrollment Period

Dear Marci,

I just enrolled in Medicare a few months ago, and now I am hearing about Fall Open Enrollment coming up. What is Fall Open Enrollment, and what should I do during this time?

-Doreen (Austin, TX)

Dear Doreen,

What an important question! Fall Open Enrollment begins October 15 and ends December 7 each year. (You also might hear it called Medicare's Open Enrollment Period or Annual Election Period.) During this time, you can make changes to your health insurance coverage, including adding, dropping, or changing your Medicare Advantage and Part D coverage for next year. Even if you're happy with your current health and drug coverage, Fall Open Enrollment is the time to review what you have, compare it with other options, and make sure that your current coverage will meet your needs for the coming year.

If you have Original Medicare, visit www.medicare.gov or read the *2025 Medicare & You* handbook to learn about Medicare's benefits for the upcoming year. You should review any increases to Original Medicare premiums, deductibles, and coinsurance charges.

If you have a Medicare Advantage Plan or a stand-alone Part D plan, read your plan's Annual Notice of Change (ANOC) and/or Evidence of Coverage (EOC). If you don't receive these notices by the end of September, contact your plan to request them. Review these

notices for any changes in:

- The plan's costs
- The plan's benefits and coverage rules
- The plan's formulary (list of drugs your plan covers)



Additionally, make sure that your drugs will still be covered next year and that your providers and pharmacies are still in the plan's network. If you're unhappy with any of your plan's changes, you can enroll in a new plan. If you want assistance reviewing your options, contact your State Health Insurance Assistance Program (SHIP) for unbiased counseling.

Even if you are happy with your current Medicare coverage, it's still a good idea to see if there's another plan in your area that will offer you better health and/or drug coverage at a more affordable price. Research shows that people with Medicare prescription drug coverage could lower their costs by shopping among plans each year; there could be another Part D plan in your area that covers the drugs you take with fewer restrictions or lower prices. You can use Medicare's Plan Finder tool to compare your options and call your SHIP for assistance.

Best of luck to you this Fall Open Enrollment Period! Following the advice above, you can make sure your health coverage will meet your needs in 2025.

-Marci



Lunch Series | Tuesday Movies

OCTOBER LUNCH SERIES

ALL PRESENTATIONS START AT
12:10 IN THE CAFETERIA

- Oct 4: Health Benefits of Karate, White Tiger Tempo
- Oct 7: Nutrition w/Jenna, USU
- Oct 9: Bereavement w/Ageis Hospice
- Oct 11: Medicare Minute: Open Enrollment
- Oct 15: Utah Legal Services
- Oct 16: HEAT w/BRAG
- Oct 17: Medication Safety w/Hannah Cox, BRHD
- Oct 23: National Check Your Meds Day
- Oct 30: Foot & Ankle Related Pain, Dr. Joseph Wilkinson, DPM



Oct 1: Space Invaders

(1990, PG, 1h 40m)

Oct 8: Young Frankenstein

(1974, PG-13, 1h 46m)

Oct 15: Wait Until Dark

(1967, NR, 1:48)

Oct 22: The Witches

(2022, PG, 1h 46m)

Oct 29: A Haunting in Venice

(2024, PG-13, 1h 43m)

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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October 2024

Monday	Tuesday	Wednesday
<p><i>To register for the AARP safe driver course please call Darrell Sanders 435-994-0737</i></p> 	<p>1</p> <p>9:00 Spanish Class 1:00 Movie: <i>Space Invaders</i> (1990)</p>	<p>2</p> <p>10:00 Field Trip: Hike the Rive Trail/Logan Canyon (\$2)</p>
<p>7</p> <p>11:00 Bingo 12:10 L&L: Nutrition w/Jenna, USU Extension 12:30 Jeopardy 1:00 Cooking Demo w/Jenna 1:00 Knitting Group 1:00 Stepping On (2 of 6)</p>	<p>8</p> <p>9:00 Spanish Class 10:00 Walking Fieldtrip: Logan Fire Station 1:00 Movie: <i>Young Frankenstein</i> (1974)</p>	<p>9</p> <p>11:00 Cooking Class (\$2) 12:10 L&L: Bereavement, Ageis Home and Health</p> 
<p>14</p> 	<p>15</p> <p>9:00 Spanish Class 11:00 Silver Sneakers Classic \$2 12:10 L&L: Utah Legal Services 12:45-3:00 Commodities 1:00 Movie: <i>Wait Until Dark</i> (1967)</p>	<p>16</p> <p>11:00 Craft Class (\$2) 12:10 L&L: HEAT w/BRAG</p>
<p>21</p> <p>11:00 Bingo 12:30 Jeopardy 1:00 Stepping On (3 of 6)</p>	<p>22</p> <p>9:00 Spanish Class 11:00 Silver Sneakers Classic \$2 11:00 Pumpkin Carving (\$3) 1:00 Movie: <i>The Witches</i> (2022)</p> 	<p>23</p> <p>12:10 L&L: National Check Your Meds Day</p>
<p>28</p> <p>11:00 Halloween Bingo 12:30 Halloween Jeopardy 1:00 Stepping On (4 of 6)</p>	<p>29</p> <p>9:00 Spanish Class 11:00 Silver Sneakers Classic \$2 1:00 Movie: <i>A Haunting in Venice</i> (2024)</p>	<p>30</p> <p>L&L: Foot & Ankle Related Pain, Dr. Joseph Wilkinson, DPM 2:00 Book Club: The Haunting of Hill House</p>

October 2024

Thursday	Friday
3 1:00 Senior Center Activities Planning and Discussion 11:15 Card-making with Brenda	4 11:00 Wii Bowling 11:00 Blood Pressure 12:10 L&L: Health Benefits of Karate, White Tiger Kenpo 1:00 Technology Assistance
10 10:00 Field Trip: Pumpkin Walk & Out to Lunch Bunch (\$2)	11 12:10 Medicare Minute: Open Enrollment 1:00 Technology Assistance 
17 11:00 Poker 12:10 L&L: Medication Safety w/ Hannah Cox, BRHD 12:00-4 AARP Smart Driver	18 11:00 Music-making with Boomwhackers 11:00 Blood Pressure 11:00-12:30 Flu Shot Clinic (bring insurance card) 1:00 Technology Assistance
24 1:00 Witches Convention 	25 10:00 Paint w/ Peg (\$3) 12:30 Spooky Scavenger Hunt 1:00 Technology Assistance
31 Halloween 11:00 Halloween Party 	<p><i>Solo un recordatorio amistoso: si se ha inscrito en una clase, regístrese en el quiosco. Friendly reminder to not forget to sign in on the kiosks.</i></p>

<u>Daily Activities</u>
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
<u>Monday</u> 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
<u>Tuesday</u> 8:30 Ceramics 10:30 Tai Chi 10:30 Writers Group 11:00 Socialization & Mind Fitness 12:30 Mahjong 1:00 Movie
<u>Wednesday</u> 9:45 Chair Yoga (NEW TIME!) 11:00 Line Dancing 1:00 Bobbin Lace Group 1:00 Bridge 1:00 Tai Chi
<u>Thursday</u> 8:30 Ceramics 10:00 Bingocize 10:30 Sit & Be Fit 12:30 Mahjong
<u>Friday</u> 10:00 Painting 10:30 Sewing 11:00 Board Games 1:00 Tai Chi 2:15 Mindfulness Group

Medicare –Spanish

Cómo elegir entre Medicare original y Medicare Advantage

Es importante que entienda sus opciones de cobertura de Medicare y que elija su cobertura cuidadosamente. Hoy, hablaremos sobre una elección importante: Medicare original versus un Plan Medicare Advantage.

Punto 1: Entienda los aspectos básicos de Medicare original.

Medicare original es el programa tradicional de cuota por servicios que se ofrece directamente a través del gobierno federal. A veces se le llama Medicare tradicional o Medicare de cuota por servicio. Bajo Medicare original, usted puede ir con cualquier médico y a cualquier hospital que acepte Medicare, en cualquier parte del país. Puede ir directamente al médico u hospital cuando necesite atención, lo cual quiere decir que no necesita obtener autorización de Medicare o una remisión de su médico de atención primaria para la mayoría de los servicios. En Medicare original, usted es responsable de pagar una prima mensual por la Parte B y, en algunos casos, una prima por la Parte A. Generalmente, usted paga un coseguro, o un porcentaje del costo total, por cada servicio que recibe, pero las personas con Medicare original tienen la opción de comprar un Medigap para ayudar a cubrir los costos de su propio bolsillo. Si desea tener cobertura de medicamentos recetados con Medicare original, en la mayoría de los casos, necesitará elegir e inscribirse en un plan independiente de medicamentos recetados de Medicare, también llamado plan de la Parte D. A menos que elija lo contrario, usted tendrá Medicare original cuando se inscriba en Medicare por primera vez.

Punto 2: Entienda los aspectos básicos de Medicare Advantage.

Los Planes Medicare Advantage, también conocidos como Parte C o planes MA, son planes que tienen un contrato con el gobierno federal para proporcionar beneficios de Medicare. Recuerde que usted sigue teniendo Medicare si se inscribe en un Plan MA. Esto quiere decir que usted todavía debe pagar una prima por la Parte B y, tal vez, por la Parte A, además de otras primas potenciales por el Plan MA. Los Planes MA deben cubrir todos los mismos servicios que Medicare original y, generalmente, incluyen cobertura de medicamentos recetados. En los Planes MA, usted generalmente tiene que ir con proveedores que sean parte de la red y área de servicio de su plan para pagar el costo más bajo por los servicios. En muchos planes, usted debe obtener autorización previa o una remisión de su proveedor de atención primaria para los servicios especializados, procedimientos y equipo médico

duradero. A menudo, tendrá que pagar copagos fijos por cada servicio o artículo que reciba. Estos costos varían según el plan. Los planes no pueden cobrar copagos o coseguros más altos que los de Medicare original por ciertos servicios, como quimioterapia y diálisis, pero pueden cobrar costos compartidos más altos por otros servicios. Todos los planes MA deben incluir un límite para los gastos de su propio bolsillo por los servicios de la Parte A y B, aunque estos límites suelen ser elevados. Algunos planes MA pueden ofrecer ciertos beneficios que Medicare no cubre, como atención dental y de la vista, o ciertos apoyos domiciliarios. Contacte directamente al plan para obtener información sobre sus costos, cobertura y cualquier beneficio adicional que pueda proporcionar.

Punto 3: Conozca qué debe tomar en cuenta al elegir entre Medicare original y Medicare Advantage.

Algunos de los factores importantes a considerar son:

Costos: ¿Por cuáles primas y costos de mi propio bolsillo seré responsable?

Seguro suplementario: ¿Tendré la opción de comprar una póliza de Medigap? Si tengo otra cobertura, como un plan para jubilados, ¿cómo funcionará con mi opción de cobertura de Medicare?

Acceso a proveedores: ¿Qué tipo de proveedores puedo ver? ¿Necesito ver a proveedores dentro de la red o conseguir remisiones? De ser así, ¿los médicos con quienes voy son parte de la red del plan?

Cobertura de medicamentos: ¿Está incluida la cobertura de medicamentos recetados o tendré que comprar un plan de la Parte D? ¿Cubre la cobertura de medicamentos los medicamentos que tomo?

Beneficios adicionales/suplementarios: ¿Están cubiertos los servicios adicionales, como la atención de la vista, del oído o dental?

Límite para los costos de su propio bolsillo: ¿Hay un límite anual para los costos de mi propio bolsillo?

Punto 4: Tenga cuidado con las infracciones de comercialización mientras compara planes.

Los representantes, agentes e intermediarios de los Planes Medicare Advantage y de la Parte D deben seguir los lineamientos federales al momento de promocionarle estos planes. Estos lineamientos lo protegen en contra de tácticas manipuladoras y engañosas de ventas e inscripción.



Events & Activities



YOU'RE INVITED TO A

Halloween Party

Treats, Games and a Costume Contest!

11:00 AM
OCTOBER 31



JOIN US FOR

WITCHES CONVENTION

OCT 24 @ 1:00

COME IN YOUR BEST WITCH ATTIRE, ENJOY TREATS & GAMES

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October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Broccoli Cheese Soup 1/2 Egg Salad Sandwich Peas & Carrots Watermelon <i>Vegetarian meal</i>	2 Bacon Cheese Burger Broccoli Salad Oranges 	3 Chicken Pot Pie Mixed Vegetables Mixed Fruit 	4 Garden Omelet Sausage Veggie Hash Apple Salad
7 Chef's Choice	8 Tuna Noodle Casserole Buttered Peas Melon Medley Pumpkin Snickerdoodle Cookie	9 Pesto Chicken Bake Wild Rice Pilaf Winter Blend Veggies Mixed Fruit	10 Beef Stroganoff Capri Vegetables Grape Salad Roll 	11 Creamy Cauliflower Soup Breadstick Mixed Fruit <i>Vegetarian meal</i>
14 Senior Center Closed 	15 Fish & Chips Coleslaw Pineapple Chunks 	16 Pumpkin Pie Oatmeal Sausage Patty V8 Warm peaches	17 Pork Chop w/ Country Gravy Scalloped Potatoes Peas & Carrots Applesauce	18 Loaded Potato Soup 1/2 Turkey Sandwich Buttered Corn Pears
21 Tuscan Tortellini Soup Italian Vegetables Peaches Slice of Bread	22 Chicken Salad Croissant Sandwich Broccoli Salad Mixed Fruit Pumpkin Bars w/ Cream Cheese Frosting	23 Chef's Choice 	24 Salisbury Steak Mashed Potatoes w/ Gravy Buttered Sun Kissed Carrots Grape Salad	25 Salmon w/ Rice Pilaf Creamed Spinach Tropical fruit Lemon Bars
28 Harvest Chicken Casserole Asparagus Orange Slices	29 Ghoulash Roasted Root Vegetables Grapes Cookie	30 Chicken Cordon Bleu Casserole Green Beans Mixed Fruit Breadstick	31 Haunted Haunch (Roast Beef) Monster Mash Potatoes Screamed Peas Candy Corn Cocktail Heads will roll	

Events & Activities



FIELD TRIP:

The Pumpkin Walk & Lunch Bunch

Oct. 10th @ 10:00
\$2.00
Sign up at front desk



EXTRA HALLOWEEN ACTIVITIES

Pumpkin Carving
(\$3; please RSVP)
Oct 22 @ 11:00

Spooky Scavenger Hunt
Oct 25 @ 12:30

RSVP at the Front Desk!

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Publishers Clearing House deceived consumers about their sweepstakes contests, FTC says

By Alvaro Puig
Consumer Education Specialist
June 27, 2023



It's illegal for a company to tell someone to pay to enter a sweepstakes contest, or that buying something increases their odds of winning. You might not be surprised if a fly-by-night contest promoter deceived people by saying these things. But would you expect a well-known company that's been running sweepstakes for decades to deceive people?

The FTC says that Publishers Clearing House used language and designs on its website and in its email marketing that tricked consumers, including many older adults, into believing they had to buy things on the PCH website to enter a sweepstakes. Or that doing so would improve their chances of winning a prize.

Customers who did buy something on PCH.com were in for a few surprises. (And they didn't involve someone arriving at their door with a giant check and a TV crew). The FTC says

- PCH hid shipping and handling fees that added an average of 40% to customers' orders.

PCH's claims that orders were risk free were bunk. Customers had to pay the shipping costs to return merchandise.

As part of a settlement, PCH agreed to pay \$18.5 million to provide refunds, among other things. **Not every Publishers Clearing House customer will be eligible for a refund.** Learn more about PCH refunds.

If you're considering participating in a sweepstakes contest, here's what to know:

- Real sweepstakes are free and by chance. It's **illegal** to ask you to pay or buy something to enter.
- If you sign up for a contest, the promoters might sell your information to advertisers. If they do, you're likely to see targeted ads online and get more junk mail, telemarketing calls, and spam email.

Scammers try to trick you into believing you won a prize. Never share your financial information or pay fees, taxes, or customs duties to get a prize.

If you see a prize scam, report it to the FTC at [ReportFraud.ftc.gov](https://www.reportfraud.ftc.gov).

If someone calls you and asks to verify your Medicare number, for any reason, hang up. You will never need to verify your Medicare number. This is someone attempting to get your Medicare number, or your consent, to use your information for fraudulent reasons

Scammer:
"Are you sure you have your new Medicare card? I need to verify the number matches my system."

SMP Senior Medicare Patrol Preventing Medicare Fraud
SMPRESOURCE.ORG
877.808.2468
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Events & Activities



JOIN US FOR SPOOKY COOKING AND CRAFT CLASSES THIS MONTH

**10/09 @ 11am Cooking Class
\$2.00**

**10/16 @ 11am Craft Class
\$2.00**

RSVP at the Front Desk

UTAH LEGAL SERVICES



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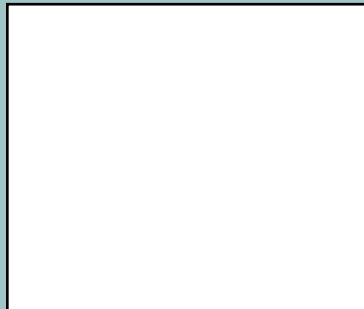
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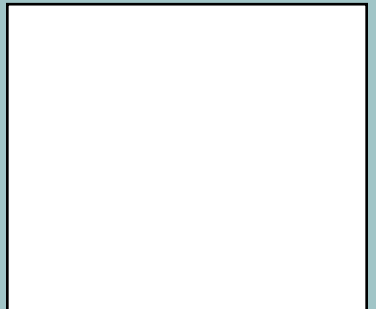
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Seven Tips for Aging Well

You've probably heard a lot about wellness in the past few years—from “wellness initiatives” in the workplace to fitness classes promising that they will “restore your wellness.” Healthcare plans emphasize wellness now too—Medicare covers an annual wellness visit as well as a variety of other preventive health services. But what exactly is wellness, and how can you implement it in your everyday life?

Wellness refers to the pursuit of a healthy, balanced lifestyle focused on both the mind and the body. Pursuing wellness also means following healthy aging strategies, and implementing lifestyle changes that can prevent diseases before they occur.

According to the CDC, about half of all American adults have one or more chronic conditions (such as heart disease, stroke and obesity).

By focusing on preventing diseases before they occur, people of all ages can live healthier and happier lives. So what are some tried and true strategies for achieving wellness in your life? Check out our 7 tips below.

1. Eat right-For most adults this means at least 400 grams (5 portions) of fruits and vegetables a day, as well as five to eight 8-oz. glasses of water. It is also important to keep your sugar intake low and to avoid highly processed foods that contain lots of sugar, fat, and salt. Try using spices and fresh herbs for flavor in your favorite dishes (rather than extra butter or fried coatings) and consider swapping less healthy ingredients for their vegetarian version, such as zucchini noodles instead of regular pasta. To increase your water intake (and decrease sugar), try sipping homemade flavored water for soda. Just add whatever natural ingredients you like to your next glass of water, such as lemon juice, cucumbers, fresh mint/basil, or strawberries.

2. Stay active—in a way that's fun for you You're more likely to stick with an athletic activity that you actually enjoy, so consider walking with a friend, trying a group dance class, going for a hike, or anything else that appeals to you. You can start with just 10 minutes a day, and eventually try building towards 30 minutes or more of daily exercise. Every little bit helps.

3. Try meditation-Studies show that meditation may

prevent mental deterioration, keeping your brain healthy as you age. Meditation is also a proven way to reduce stress and anxiety, leading to better overall health and quality of life.

4. Learn a new skill -Try learning a new skill that requires concentration, creative thinking and memorization, like chess, crossword puzzles, or writing poetry. It's never too late to master that skill you always wanted to have—piano playing perhaps, or speaking French? Daily mental exercise helps you stay sharp and prevents cognitive decline.

5. Volunteer-Volunteering has been proven to boost happiness, and is also a great way to bond with friends and meet new people in your community (another proven factor in achieving wellness). Find a few hours a month and pick an activity that appeals to you and will keep you coming back.

6. Learn more about falls prevention-Every 15 seconds, an adult 50+ is treated in the emergency room for a fall. Falls are also a leading cause of fractures and traumatic brain injuries. Prevent falls and injury by removing loose carpets or throw rugs around your house. Keep paths clear of electrical cords and clutter, and use night-lights in hallways and bathrooms.

7. Don't forget the sunscreen!-Many people don't realize that your skin actually gets thinner and more susceptible to sunburn (and therefore skin cancer) as you age. Each year more than 3.5 million cases of skin cancer are diagnosed in the US, over 90 percent of which are caused by the sun's ultraviolet rays (UVR). Make sure to wear a high SPF sunscreen that protects against UVR rays, and always reapply every few hours.

<https://ncoa.org/age-well-planner/resource/seven-tips-for-aging-well>



Events & Activities

PAINT WITH PEG

October 25 @ 10 am

\$3.00 (all supplies included)

Must sign up at front desk!



COVID-19 AND FLU SHOT CLINIC

GET YOUR VACCINES!



**OCTOBER 18
11-12:30
BRING YOUR
MEDICARE CARDS**

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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.

October 1st is the first 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
	10/2	Field Trip: Hike The River Trail in Logan Canyon	\$2	
	10/9	Cooking Class	\$2	
	10/10	Field Trip: Pumpkin Walk and Out to Lunch Bunch	\$2	
	10/15	Silver Sneakers Classic	\$2	
	10/16	Craft Class	\$2	
	10/22	Pumpkin Carving	\$3	
	10/22	Silver Sneakers Classic	\$2	
	10/25	Paint with Peg	\$3	
	10/29	Silver Sneakers Classic	\$2	
			Total:	_____

Office Use Only

Cash

Credit Card

Check

Name: _____