

Our mission to create a supportive and engaging environment where active adults can thrive socially, mentally, and physically, leading to a more fulfilling and independent life.

Newsletter

March 2025

As the days grow longer and the first hints of green begin to peek through the ground, we can all feel the promise of spring after a long winter. The spring equinox, a time of balance and renewal, is just around the corner, and with it comes a renewed sense of energy and possibility. We hope you're all enjoying the warmer weather and the feeling of spring in the air!

Speaking of renewal, we're excited to announce that hiking club is back on the calendar! We will be hiking the Canyon Road Park trail. We are also super excited to announce that we have organized two evening events. Join Kylie and meet up with her at the USU Jazz Jams and *Mama Mia!*. Be sure to visit the center to help celebrate Pi day. There will be plenty of pies to try! This month we are having a Mardi Gras party too! There will be lots of food and maybe you will be the lucky one to find the gold at the end of the rainbow. Don't forget to wear green!

A new educational workshop series will begin this month called, *Exploring the World of...* This is an opportunity to come and learn from an invited guest in their related field. This

month *Exploring the World of...* will include the topics: how to be best prepared about car insurance when shopping for new coverage, cache refugee and immigrant connection (CRIC), nerve health and neuropathy, and Aggie Blue Bikes.

Join us every Tuesday at 11:00 & 11:30 for Socialization/ Mind Fitness and Cranium Crunchers. This class is designed to be educational, and provides games and activities designed to improve cognition, memory function, and foster discussion. Games - Discussions - Exercises - Fun



& More!

Don't forget to visit the Lending Library. There are no fees, no checkout, and no time limit when a book or puzzle is borrowed. Simply return when finished!

In April we hope to have a foot clinic start up again. They will bill your insurance. More information to come!

We also want to take this opportunity to address a question that has come up regarding meal portions. We understand that packaging can sometimes be deceiving, and we want to assure you who deliver and receive meals on wheels that we adhere strictly to the state code for nutrition and older adults. Our staff uses specific measuring utensils to ensure accurate portion sizes for all meals. Your health and well-being are our top priorities.

We are looking at different packaging. Currently we have a contract with Oliver Packaging and the packaging that has two sections for meal placement can make the portions look smaller. We understand that you may have questions, comments, or concerns. Please don't hesitate to reach out to us. We are always happy to hear from you and address any issues you may have. We value your feedback and strive to make the best most nutritious meals.

We look forward to seeing you at the center soon, enjoying the spring weather and participating in our activities!

Best,
Giselle Madrid

Center Information :

Commodities
March 18th
12:45 pm—3 pm

Daylight Saving:
March 9th

AARP Safe
Driving:
March 10th at
12:00—4:00
Please call Kent
Haddock to
register: 435.890.5901

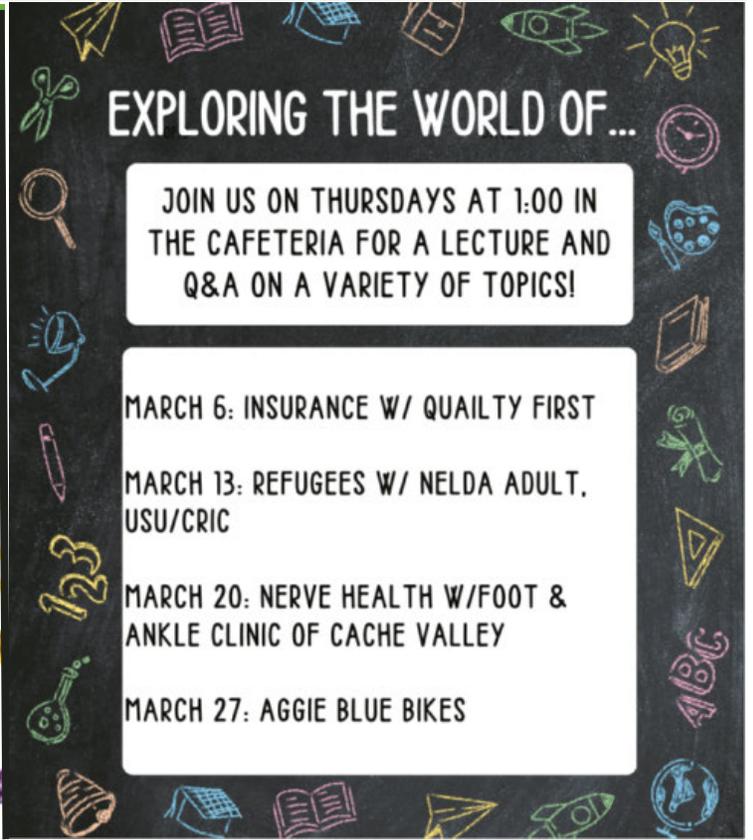


Upcoming Activities



MARDI GRAS
PARTY

Join us to celebrate Fat Tuesday
on March 4th at 11:00
Treats Games* Fun*



EXPLORING THE WORLD OF...

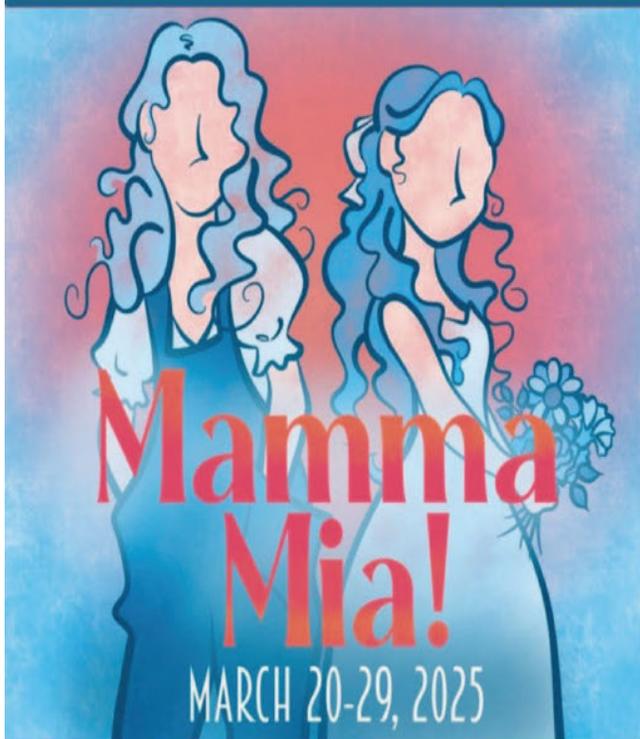
JOIN US ON THURSDAYS AT 1:00 IN
THE CAFETERIA FOR A LECTURE AND
Q&A ON A VARIETY OF TOPICS!

MARCH 6: INSURANCE W/ QUALITY FIRST

MARCH 13: REFUGEES W/ NELDA ADULT,
USU/CRIC

MARCH 20: NERVE HEALTH W/FOOT &
ANKLE CLINIC OF CACHE VALLEY

MARCH 27: AGGIE BLUE BIKES



**Mamma
Mia!**

MARCH 20-29, 2025

Come see Mamma Mia!

Join Kylie on Friday, March 21st @
7:30pm for Mama Mia!

Tickets cost \$20 and you must have your own
means of transport.

Kylie is available on Friday, February 28th from
11am to 1pm to help you purchase the ticket
online if you need assistance.

Four Seasons Theatre- 520 South 250 East,
Smithfield- Skyview high school

Resources

Transportation Vouchers

Clients can be reimbursed for travel costs to doctor appts., to social service programs, like the Senior Center, and 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 the Senior Center 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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CENTER OF CACHE VALLEY

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Medicare



Dear Marci,

I turned 65 last year but didn't sign up for Medicare Part B right away, because I am still working and have employer-sponsored health insurance. A friend mentioned that I might have to pay a late enrollment penalty since I missed my Initial Enrollment Period. Is this true?

- Nereyda (Montclair, NJ)

Dear Nereyda,

Great question! Since you are actively working and covered by your employer-sponsored health insurance, you can enroll in Medicare Part B without penalty using a Special Enrollment Period (SEP). The SEP allows you to sign up for Part B anytime while you are still covered by the employer's health plan or within eight months after your employment-based coverage ends. If you enroll during this period, you won't owe an LEP.

Even though it sounds like you shouldn't owe a Part B LEP, it can be helpful to know how these penalties work. Here is some additional information about LEPs:

Part B late enrollment penalty

You may owe a Part B LEP if you delay enrolling in Medicare Part B after you are first eligible. For each 12-month period you delay enrollment, you will owe a 10% Part B premium penalty. So, if you delay enrollment for 24 months, you will owe the normal premium amount for Part B, plus an additional 20%.

However, you shouldn't owe an LEP if:

- You have insurance from your or your spouse's current work and have been continuously covered since becoming Medicare-eligible (with no more than eight consecutive months without coverage from either Medicare or insurance from current work)
- You are eligible for a Medicare Savings Program (MSP)
- You qualify for a Special Enrollment Period (SEP) because of exceptional circumstances.

Part D Late Enrollment Penalty

You may owe an Part D LEP if you delay enrolling in Medicare Part D after you are first eligible for it. For each month you delay enrollment, 1% of the Part D base premium is added to your regular Part D premium.

However, you shouldn't owe an LEP if:

- You had creditable drug coverage during the time you delayed enrolling in Part D
- You qualify for the Extra Help program
- You can prove that you received inadequate or inaccurate information about whether your drug coverage was creditable.
- Most people don't owe a premium for Part A because of their or their spouse's Social Security work history. If you do owe a premium for Part A, you could owe a Part A LEP if you delay enrollment. Visit the Medicare website to find out more about Part A LEP.

Hope this helps!

- Marci

ALZHEIMER'S ASSOCIATION

EMPOWERED CAREGIVER

The Empowered Caregiver education series teaches caregivers how to navigate the responsibilities of caring for someone living with dementia.

February 20, 12:45 PM
Building Foundations of Caregiving

February 27, 12:45 PM
Supporting Independence

March 6, 12:45 PM
Communicating Effectively

March 13, 12:45 PM
Responding to Dementia-Related Behavior

March 20, 12:45 PM
Exploring Care and Support Services

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

Registration encouraged.
To Register call
800-272-3900

Cache County SENIOR CENTER

800.272.3900 | alz.org

Lunch Series | Movies

MARCH LUNCH SERIES

March 3 12:10: L&L: Bees in your Backyard w/ Stokes Nature Center

March 10 12:10: L&L Nutrition w/Jenna

March 10 1:00: Nutrition demo w/Jenna

March 14 12:30: Pi Day Pie Sampler

March 19 12:10: Women's History Month w/Legacy House

March 21 12:10: World Poetry Day Lunchtime Poetry Reading

March 26 12:10: Piano Music by Rockie Ricks

NOW SHOWING

Mar. 4th The World's Fastest Indian

(2005, PG-13, 2H 7M)

Mar. 11th Thelma

(2024, PG-13, 1H 30M)

Mar. 18th Dr. No

(1962, PG, 1H 50M)

Mar. 25th It's a Mad, Mad, Mad, Mad World

(1963, G, 2H 39M)

Movies every Tuesday at 1pm



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March

Monday	Tuesday	Wednesday
<p>3 9:00 Creative Aging 11:00 Mardi Gras Bingo 12:10 L&L: Bees in your Backyard with Stokes Nature Center 12:30 Jeopardy</p>	<p>4 11:00 Mardi Gras Party! 1:00 Movie: <i>The World's Fastest Indian</i></p>	<p>5 10:30 Speed Friending 11:00 Ancestry Charting 1:00 Knitting Group</p> 
<p>10 9:00 Creative Aging 11:00 Bingo 12-4 AARP Safe Driving 12:10 L&L: Nutrition with Jenna 12:30 Jeopardy 1:00 Cooking Demo with Jenna</p>	<p>11 11:00 Socialization & Mind Fitness 11:30 Cranium Crunchers 1:00 Movie: <i>Thelma</i></p>	<p>12 11:00 Cooking Class: One Pot Lemon Dill Tortellini (\$2)</p>
<p>17 St. Patrick's Day 9:00 Creative Aging 10:30 St. Patty's Treats 11:00 St. Patty's Bingo 12:30 St. Patty's Jeopardy 1:00 St. Patty's Games & Coloring</p> 	<p>18 11:00 Socialization & Mind Fitness 11:30 Cranium Crunchers 12:45-3:00 Commodities 1:00 Movie: <i>Dr. No</i></p>	<p>19 12:10 L&L: Women's History Month w/Legacy House 1:00 Come make Art: Spring Tree!</p>
<p>24 9:00 Creative Aging 11:00 Bingo 12:30 Jeopardy</p> 	<p>25 11:00 Socialization & Mind Fitness 11:30 Cranium Crunchers 1:00 Movie: <i>It's A Mad, Mad, Mad, Mad World</i></p>	<p>26 11:00 Hiking Club: Canyon Road Park Trail (\$2) 12:10 Piano Music by Rockie Ricks 2:15 Book Club 7:00 USU Jazz Jams</p>
<p>31 9:00 Creative Aging 11:00 Bingo 12:30 Jeopardy 1:00 Water Color w/ Lora \$5</p>		

March

Thursday	Friday
6 10:00 Field Trip & Lunch Bunch: Paper & Clay Exhibition, Fredrico's (\$2) 11:15 Card-Making w/ Brenda 12:45 Empowered Caregiver 12:45 TED Talk: Studying History of Women 1:00 Exploring the World of... Insurance	7 10:30 Sewing (\$10) 11:00 Blood Pressure 11:00 Wii Bowling
13 11:00 Craft N Chit Chat: St. Patty's Gnome (\$3) 12:45 Empowered Caregiver 1:00 Horseshoes 1:00 Exploring the World of... Refugees	14 Pi Day 10:30 Sewing 11:00 Wii Bowling 12:30 Pie Day Sampler
20 Spring Equinox 12:30 Spring Equinox Flower Wreath (\$3) 12:45 Empowered Caregiver 1:00 Exploring the World of... Nerve Health 1:30 Bird Watching Bird Walk	21 World Poetry Day 10:30 Sewing 11:00 Blood Pressure 12:10 Lunchtime Poetry Reading 12:45 Paint N' Sip (\$5) 7:30 MAMMA MIA— Sky View High School
27 11:00 Tech Class: How to Shop Amazon 12:45 TED Talk: What happens when you have a disease doctors can't diagnose w/ Jennifer Brea 1:00 Exploring the World of... Aggie Blue Bikes	28 10:30 Sewing 11:00 Wii Bowling
	

Daily Activities

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

Monday

10:00 Beginner Ukulele
10:00 Poker
11:00 Bread and Jam Band
11:00 Bingo
12:30 Jeopardy
1:00 Game: Hand and Foot
1:00 Tai Chi

Tuesday

8:30 Ceramics
10:15 Tai Chi
10:30 Writers Group
12:30 Mahjong
1:00 Movie

Wednesday

9:45 Chair Yoga
11:00 Line Dancing
1:00 Bobbin Lace Group
1:00 Bridge
1:00 Tai Chi
1:00 Tech Assistance

Thursday

8:30 Ceramics
10:00 Bingocize
10:30 Sit & Be Fit w/ Darrell
11:00 Silver Sneakers
11:00 Poker
12:30 Mahjong

Friday

10:00 Painting Group
10:30 Sewing
11:00 Board Games
11:00 Dance Workout
1:00 Tai Chi
1:00 Tech Assistance
2:15 Mindfulness Group



Memory and Sleep: How Are They Connected?

Here's an interesting fact: Our ability to recall things that happen when we're awake depends on what happens while we're asleep.

"It sounds counter-intuitive," noted Dorothea Vafiadis, Senior Director of NCOA's Center for Healthy Aging. "Why would something that feels very active—like creating memories from conscious experiences—be related to sleep? Don't we solidify our memories in the present moment?"

Researchers have been exploring that question for more than a century, and what they've found is fascinating. As it turns out, the answer is both yes and no. Some functions of memory happen while we are awake. Others occur overnight. And having the sharpest memory possible depends on supporting those sleep-related functions as best we can. "This is really good news," Vafiadis said. "Because when we understand this direct relationship between memory and sleep, we can take charge of improving both."

This practical knowledge is doubly empowering, especially as we age. That's because certain risk factors for insomnia—like chronic illness, some prescription medications, and social isolation—tend to rise the older we get. Yet it can be hard to recognize the many negative health effects of sleep deprivation, including on cognition. In many ways, adopting strategies for

getting better-quality sleep can address worrying symptoms that we might otherwise blame on age-related decline.

Ready to learn more? Here's what you need to know about memory, sleep, and the cognitive benefits of getting enough rest.

What is memory?

Most of us think of "memory" as a storage box—one whose files we mentally rifle through when we need to recall something. That "something" could be a fact, like someone's name; a skill, like how to knit; or an event, like a favorite relative's wedding.

Memory certainly does serve as our brain's storage box. But it's more than that. Memory involves the very act of putting files into that box in the first place.

"All those facts, the things we've learned, the events we've attended—they don't just automatically land in our memory," Vafiadis explained. "There's an active cognitive process that our brains must go through in order to assemble and save those files for later." Scientists refer to that process as memory encoding. Memory encoding is the first of three steps involved in human memory, which are:

Memory encoding

This is a complex process that researchers still do not fully understand. In basic terms, encoding happens when our brains convert sensory input into stored information. So, for example, when someone introduces themselves, our brains encode what we hear into a form we can access later.

Memory storage

This is the brain's filing system—the place where encoded memories get organized. Like

most filing systems, this one includes dividers that sort encoded memories into a few sections:

Short-term memory—where small bits of information are held for a limited amount of time (often measured in seconds or minutes). For example, when someone tells you the phone number for a business you need only to call once, your brain stores that number in your short-term memory just long enough so you can dial it.

Long-term memory—where unlimited amounts of knowledge, experiences, and skills are held indefinitely.

For example, that new shirt you wore on the first day of high school? Your brain might have stored its color, the way its collar felt, and how the material smelled in your long-term memory. Importantly, long-term memory storage involves another process called consolidation, which we'll talk about further in the article.

Memory retrieval

This is the act of recall—going to the storage box, finding the right memory file, and taking the encoded information out of it.

Continued on page 12.

St. Patrick's Day | Activities

St. Patrick's Day Activities

Monday, March 17th
10:30am St. Patty's treats
11:00am St. Patty's Bingo
12:30pm St. Patty's Jeopardy
1:00pm St. Patty's games and coloring



USU JAZZ JAMS

Join Kylie on Wed.,
March 26th @ 7:00pm at
the TSC Moonlight Stage on
USU campus for a night of jazz
music! This is a free event.
You must be able to get your
own transportation to
participate.



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March

Monday	Tuesday	Wednesday	Thursday	Friday
3 Roast Beef Mashed Potatoes & Gravy Creamed Peas Pears Wheat Roll	4 Butter Chicken Basmati Rice Roasted Cauliflower Tropical Fruit Naan Bread	5 Tortellini Soup Side Salad Melon Carrot Sheet Cake	6 Club Sandwich 3 Bean Salad Grapes Chips 	7 Beef Taco Salad w/ Cilantro Ranch Fruit Salad
10 Chef's Choice 	11 French Toast Sausage Scrambled Eggs Chilled V8 Juice Sliced Apples	12 Loaded Baked Potato Buttered Broccoli Spiced Pears Rice Crispy Treat	13 Beef Stroganoff Buttered Noodles Cascade Veggies Grapes Lemon Poppy Seed Cake	14 Open Faced Meatball Sandwich Mixed Vegetables Apple Salad Pie for Pi Day!
17 Corn Beef & Cabbage Red Potatoes Grape Salad Rice Crispy Treat	18 Ham Au Gratin Potatoes Green Beans Pineapple Apple Crisp	19 Hot Open Faced Turkey Sandwich Mashed Potatoes & Gravy Peas & Carrots Peaches	20 Sausage & Lentil Soup Chef Salad Mixed Berry Salad 	21 Cajun Chicken Pasta Buttered Peas 5 Cup Fruit Salad
24 Hot Dog Baked Beans Broccoli Salad Tropical Fruit	25 Chicken Wild Rice Soup Caesar Salad Mixed Fruit Wheat Crackers	26 Turkey Noodle Bake Garden Vegetables Wheat Roll Melon	27 Chef's Choice	28 Pulled Pork Sandwich Coleslaw Mandarin Oranges Chips
31 Chili Pot Pie Green Beans Pears Texas Sheet Cake	<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.</p> <p>The full cost of the meal is \$12.00 for those under age 60.</p> <p>Please pay at the front desk to receive your meal.</p>			

Activities | Classes

CRAFT 'N' CHIT CHAT ST. PATTY'S GNOME

Thurs.,
March 13th
@ 11am

RSVP |
\$3 Craft



TECH CLASS amazon

Learn how to make your Amazon account,
shop Prime Deals, and make sense of the
online returns.

Date: March 27th
11:00 am

Class will be held in the craft/ sewing room



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What is memory consolidation?

Most memories start out as short-term memories. And when it comes to learning, retaining, and recalling information over a lifetime, that could be a problem.

Fortunately, our brains have a process in place to convert newly encoded short-term memories into long-term ones. Scientists call this process memory consolidation.

To understand how memory consolidation works, it's first necessary to understand that our brains don't store every piece of information related to a specific memory in the same place.

"I like to compare this to how my home is organized," Vafiadis offered. "I have socks in my dresser drawer; shirts in my bedroom closet; shoes in the hallway; and coats on a rack by the door. When it's time to get dressed, I need to visit each place for a specific piece of clothing that, together, create an outfit for the day."

It's the same with memory consolidation. During this fascinating process, our brains "look around" for the many sensory inputs associated with a specific fact, episode, or learning experience. Because these inputs live in different places—or neural networks—our brains must take these inputs and assemble them for long-term storage.

How are memory consolidation and sleep related?

Some consolidation happens while we're awake and can direct what's happening. But research suggests that most of it happens during sleep.

Why? Perhaps researcher Gabrielle Girardeau explained it best: because "sleep provides a window of opportunity for the brain to sort and reinforce newly encoded memories in absence of the incessant barrage of external information."

Girardeau's research—independently corroborated by many other scientists and studies in the field—found that memory consolidation happens during "slow-wave" sleep.

"Slow-wave" sleep is part of the normal sleep cycle, which has two phases (non-REM and REM) and four stages:

- Stage 1 (NREM; about 5-10 minutes)
- Stage 2 (NREM; about 25 minutes)
- Stage 3 (NREM; about 20-40 minutes)
- Stage 4 (NREM; about 10 minutes)

Our brains are least active during Stages 1-3. After transitioning from wakefulness to sleep during Stage 1, everything slows down: our vital signs, our body thermostat, and our brain waves. Then we fall into deep sleep—the time when our brains sift through daily short-term memories, activate all those neural networks, and store new knowledge for later.

What is sleep's impact on memory performance?

Restorative sleep is key to our physical and cognitive health. And in order to achieve it, we need to cycle through each of the four stages of sleep between four and six times per night.

"That's why getting enough sleep—and the right kind of sleep—is so important," said Vafiadis. "When we're sleep deprived, our memories can't and don't perform as well as they should. We need a good night's sleep to ensure that our mental health is sharp and to enhance our overall well-being."

Many factors contribute to sleep deprivation. Life events, like losing a loved one, moving homes, or having a stressful job, can lead to anxiety and keep us awake through the night. Certain chronic illnesses and medical conditions, such as restless leg syndrome, arthritis pain, or sleep apnea, can interrupt our sleep. And even certain lifestyle choices, like what we eat and when, and whether we enjoy an evening glass of wine or a

cocktail, can get in the way of restorative sleep.

And this sleep deprivation negatively impacts our brains in several ways:

Our cognitive abilities slip.

We don't learn things as easily or as well.

We're more prone to forgetfulness.

Our recall may become unreliable.

It doesn't take long, either. Sleep specialists have discovered that just one night of getting fewer than six hours of sleep can impair our ability to form and consolidate memories.

On the flip side, getting sufficient sleep has many cognitive benefits, including:

- Better emotional regulation
- Improved mental sharpness
- Heightened ability to focus, learn, and remember things
- Healthier brains overall

<https://www.ncoa.org/article/memory-and-sleep-how-are-they-connected/>

Key Takeaways

Memory consolidation is a key cognitive process that occurs during sleep.

This process happens during "slow-wave" sleep—one stage of the normal sleep cycle necessary for good memory and good overall health.

Adopting strategies for getting better-quality sleep can address worrying symptoms that we might otherwise blame on age-related decline.



Activities

POTTERY & PIZZA

March 6th at 10:00 am

Join us as we visit the 8th Annual Paper & Clay Exhibition at USU

Lunch: Fredrico's Pizza.

We will be dropped off and picked up
Cost: \$2



RSVP at the front window

Attention Avid Hikers!

Spring is here and it is time to join the Hiking Club!

Our first trip of the year is to the Canyon Road Park Trail

Wed., March 26th-11:00am.
Cost: \$2

RSVP at the front window

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Premium-related Appeals and Troubleshooting

MEDICARE LATE ENROLLMENT PENALTIES

Part B Late Enrollment Penalty

For each 12-month period you delay enrollment in Medicare Part B, you will owe a 10% Part B late enrollment penalty (LEP)—generally every month for as long as you have Medicare. Everyone has a right to file an appeal with the Social Security Administration (SSA) regarding their LEP.

TO APPEAL

Follow the directions on the letter informing you about the penalty. Unfortunately, being unaware of the requirement to enroll in Part B is unlikely to be a successful appeal argument.



**10% x Part B premium
x years without Part B**

You'll pay an extra 10% for each year you could have signed up for Part B, but didn't.

Part D Late Enrollment Penalty

For each 12-month period you delay enrollment in Medicare Part B, you will owe a 10% Part B late enrollment penalty (LEP)—generally every month for as long as you have Medicare. Everyone has a right to file an appeal with the Social Security Administration (SSA) regarding their LEP.

TO APPEAL

Everyone has the right to file an LEP determination appeal with C2C Innovative Solutions.* You can appeal the penalty (if you think you were continuously covered) or its amount (if you think it was incorrectly calculated). You should the appeal form received from your plan, attaching evidence, and mailing it to C2C Innovative Solutions.

*C2C Solutions is the company contracted by Medicare to handle these appeals.



**1% x national base beneficiary premium
x number of uncovered months**

The penalty is rounded to the nearest 10 cents and added to your monthly Part D premium.



SHIP

State Health Insurance
Assistance Program

shiphelp.org | 877.839.2675

For help understanding and appealing your LEP or IRMAA, contact your **State Health Insurance Assistance Program (SHIP)**.

This infographic is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$2,534,081 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.

Activities

One Pot Lemon Dill Tortellini

Wed., March 12th
@ 11am
\$2 | RSVP



Spring EQUINOX Craft Day

We will be making a
flower wreath. Supplies
will be provided.

Cost: \$3.00

MARCH
THURSDAY | 20 | AT 12:30 PM

See you there

RSVP AT THE FRONT WINDOW

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Cache County Senior Center, Logan, UT

F 4C 05-1038

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.

Name: _____

X	Date	Activity	Time	Cost	Total
	3/6	USU Exhibition & Fredrico's Pizza	10:00	\$2	
	3/7	Sewing	10:30	\$10	
	3/12	Cooking Class: One Pot Tortellini	11:00	\$2	
	3/13	Craft Class: St. Patty's Gnome	11:00	\$3	
	3/20	Spring Equinox Flower Wreath	12:30	\$3	
	3/21	Lunch Time Poetry Reading	12:10	Free	
	3/21	Paint 'N' Sip	12:45	\$5	
	3/21	Mama Mia!	7:30 pm	RSVP	
	3/26	Hiking Club: Canyon Road Park Trail	11:00	\$2	
	3/26	USU Jazz Jams	7:00 pm	Free	
	3/31	Water Color w/ Lora	1:00	\$5	

Total : _____

Office Use Only

Cash
 Credit Card
 Check

Date: _____

Processed By: _____