

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.



MAY 2025

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CACHE COUNTY SENIOR CENTER

NEWSLETTER



HEALTH & FITNESS DAY

May 28th from 10 am-12 pm

You're invited to join us for National Senior Health and Fitness Day — a fun, energizing event dedicated to celebrating the strength and vitality of our older adult community! Come enjoy live demonstrations of a variety of classes designed to support your wellness, including Tai Chi, ballet, stretches and strength, and chair yoga. Join us for our Lunch & Learn series to hear from a personal trainer on ways to keep us active, independent and our bodies moving! Whether you're looking to try something new or just want to move your body in good company, there's something for everyone. We'll wrap up the day with a relaxing and joyful group dog walk — bring your furry friends or just come along for the stroll. We can't wait to see you there!



**10:00 -Chair Yoga -
Cami**



**10:30-Ballet Class:
Senior Swans -
Becky**



**11:00-Stretches and
Strength Training -
Julie**



**11:00-Tai Chi for
Arthritis and Fall
Prevention- Sharon**



**12:10- Lunch & Learn: Active
Aging-Barbara Tidwell: Take
control of your health to stay
active!**



**2:30 -Finish the Day with a dog walk!
Join us at the Merlin Olsen Park . Bring
your pooch or just yourself!**

Dear Friends,

We're excited to welcome the sunshine and good times that summer brings — and with it, a brand-new season of fun, engaging activities here at the Senior Center!

Get ready to step into our Walking Champions program, where we'll track our steps and work together to "walk" the distance all the way to Rome! Whether you're walking the halls, around your neighborhood, or joining our group walks, every step counts.

This summer, we're thrilled to announce new community partnerships! We've teamed up with the Cache Valley Civic Ballet, who will be sharing their talents and teaching ballet-inspired movement classes titled *Senior Swans*. And thanks to our collaboration with USU's Theater Education program, you can now participate in a fun and creative theater class — a great way to express yourself, boost confidence, and maybe even steal the show!

For a little friendly competition, don't miss our summer tournaments! Join us for exciting games of pool, croquet, Wii bowling, and even poker. Whether you're in it to win or just in it for the laughs, there's fun to be had for all.

We also have some fantastic field trips planned! We'll be exploring Vintage Market Days, taking in the wonders of the Loveland Living Planet Aquarium, and of course, enjoying great food with the Out-to-Lunch Bunch as we head to Cook's Underground for a delicious summer outing.

We can't wait to spend the season with you — moving, laughing, exploring, and connecting. There are many things to do and see this month. If you are new to the valley & want to see what we have to offer, join us at our Senior Fitness day to see live demonstrations of a few of the classes offered. Lastly if you would like a tour of the center please visit us from 2-3:30 pm for a tour every day Monday through Friday through the month of May.

Let's make this a summer to remember!

Giselle Madrid
Director



STRAWBERRY CHICKEN SALAD

SERVINGS: 2-4

PREPPING TIME: 10 MIN

COOKING TIME: 0 MIN

INGREDIENTS

- 6 cups (about 100g) spinach or field greens (I use 3 heaping cups each)
- 1 cup (about 150g) sliced strawberries
- 3/4 cup (115g) blueberries
- 3/4 cup (135g) mandarin orange slices
- 1/2 ripe avocado, chopped
- 1/4 cup (22g) sliced almonds
- 8 ounces cooked chicken, chopped or shredded

Homemade Poppy Seed Dressing

- 1/3 cup (80g) Greek yogurt
- 2 Tbsp (30ml) apple cider vinegar
- 2 Tbsp (30ml) extra virgin olive oil
- 2 Tbsp (42g) honey
- 1/4 teaspoon salt
- 1/4 teaspoon ground dry mustard (or 1 teaspoon dijon mustard)
- 1 and 1/2 teaspoons poppy seeds

THIS COLORFUL, HEALTHY STRAWBERRY ALMOND CHICKEN SALAD HAS THE WORKS! JUICY BERRIES, CRUNCHY ALMONDS, CREAMY AVOCADO, AND CHICKEN SIT ATOP A BED OF SPINACH AND FIELD GREENS, ALL DRIZZLED WITH HOMEMADE POPPY SEED DRESSING.

DIRECTIONS

TOSS EVERYTHING TOGETHER IN A LARGE BOWL, EXCEPT FOR THE DRESSING, UNTIL COMBINED.

WHISK ALL OF THE POPPY SEED DRESSING INGREDIENTS TOGETHER. POUR THE DESIRED AMOUNT OF DRESSING ON TOP, TOSS TO COAT, AND SERVE IMMEDIATELY.

DRESSING: YOU COULD REALLY DRESS THIS SUMMER SALAD WITH JUST ABOUT ANYTHING. EITHER BALSAMIC OR RASPBERRY VINAIGRETTE WOULD BE INCREDIBLE, TOO. CAN I ADD CHEESE? YES, ABSOLUTELY. TRY ADDING 4 OUNCES GOAT CHEESE, GORGONZOLA, OR FETA CHEESE.

Resources

Transportation Vouchers

Clients can be reimbursed for travel costs to doctor appts. and or other medical care. This is a needs based program.

Call BRAG to schedule an assessment and see if you qualify for this program that can reimburse friends and family for taking you to your Dr. appts. 752-7242.

Medicare Cost Sharing Program

Medicare Savings Programs help individuals with some of the out-of-pocket costs for Medicare, including Medicare Part A and Part B premiums, deductibles, copayments and coinsurance. Eligibility for certain Medicare Savings Programs automatically qualifies you for the Extra Help program as well, which helps pay the cost of prescription drugs. Contact Giselle or Colby to see what cost sharing program works best. For an appt. please call 755-1720.

Extra Help

Do you need help paying for your prescriptions? You could qualify for a federal program that helps pay some or in some cases all of the part D drug plan. If you make less than \$1,903.00 a month (\$2,575 for married couples), and your assets are below \$16,660 (\$33,240 for married couples) you may qualify for the "Extra Help" program. It could reduce your prescription costs for generics and for brand-name drugs. Contact Giselle or Colby for an appt. at 755-1720.

VA Benefit Program

A representative from the VA will assist you with all of your benefit needs. Please call Shanna Andersen at 435-713-1460.

AARP Driver Safety Class

Save money on insurance! Refresh driving skills, learn driving strategies to be safer—
AARP member \$20.00. Non member \$25.00
Register: Kent Haddock 435-890-5901
Monday, May 12th from 12 pm– 4 pm.

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CENTER OF CACHE VALLEY

Call or Text:
(435) 787-1023



Medicare

Dear Marci,
I'm having trouble getting my prescribed medication paid for when I go to the pharmacy. What can I do?
- Bernadette (Salisbury, NC)

Dear Bernadette,
Not being able to access your medication can be very stressful. There are a few steps you can take to identify the issue and to ensure you have uninterrupted access to your medication going forward.

Know your coverage:

Call your plan and check if there are any applicable coverage restrictions. These are rules you must follow before your plan covers your drug.

Call Medicare to learn about which part of Medicare should cover your drug.

Check to make sure your Part D drugs are on your plan's formulary, or list of covered drugs.

Make sure your pharmacist submits claims properly:

Your pharmacist could be billing your prescription to the wrong part of Medicare or without required documentation. This could explain a drug coverage denial or why your pharmacist is having trouble with your plan. If your provider doesn't know how to submit these claims, they can reach out to your plan or to Medicare for help.

Make sure your provider or pharmacist has the documentation they need:

This is helpful for drugs that are covered differently depending on the situation.

For example: If Part B should cover your insulin because you use an infusion pump to take it,

you may need to show proof that you have a pump.

Know your right to appeal:

You have the right to appeal Medicare's or your plan's denial.

Ask your doctor to help prove your drug is medically necessary and that you meet the coverage criteria.

Hope this helps!

-Marci



Health Tip

Driving safely is important for protecting yourself and others on the road. Here are some tips to ensure you stay safe while driving:

Always buckle up: Wearing your seatbelt is one of the simplest and most effective ways to protect yourself in a vehicle.

Stay focused: Avoid distractions such as texting, eating, or adjusting the radio while driving.

Drive sober: Never drive under the influence of alcohol or drugs. Plan ahead for a safe ride home if you've been drinking.

Follow speed limits: Adhering to speed limits keeps everyone on the road safe. Speeding increases the severity of crashes and the risk of serious injuries.

For more tips on safe driving, visit the National Highway Traffic Safety Administration (NHTSA);

<https://www.nhtsa.gov/ten-tips-for-safe-driving?>

Lunch Series | Tuesday Movies

May Lunch Series

May 2nd: Colleen and Ukulele

May 5th: Neurogenx w/ Scott Clark

May 6th: Hoarding vs. Clutter w/
Lyla @ BRMH

May 8th: Finance Scams w/ Angela
Peterson @ Edward Jones

May 23rd: Music by Marley

May 28th: Barbara Tidwell, Active
Aging

*All Lunch Events Begin at
12:10pm unless otherwise stated

NOW SHOWING

May 6th Blue Planet

(2002, TV-G, 1H 40M - 2 episodes)

May 13th Moana

(2016, PG, 1H 47M)

May 20th Wicked

(2024, PG, 2H 40M)

May 27th The Hundred Foot Journey

(2014, PG, 2H 2M)

Movies every Tuesday at 1pm



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May 2025

Monday	Tuesday	Wednesday
 <p>A Summer to Remember</p> <p>The sun is shining, skies are blue, A season of joy is here for you. With every laugh and every cheer, We welcome all that summer brings near. Let's take a stroll or dance in place, Feel the warmth on every face.</p>	<p>From dog walks to games we'll play We'll make the most of every day. Conversations flow like lemonade, In shady spots where memories are made. With friends beside us, strong and true, Each moment shared feels fresh and new.</p>	<p>So join us now, don't miss a beat, With summer sunshine at our feet. Together we'll make these days shine bright— With love, with laughter, and pure delight.</p> 
<p>5 <i>Cinco De Mayo</i></p> <p>10:30 Cinco De Mayo Treats 11:00 Lotería (Mexican Bingo) 12:10 Neurogenx w/ Scott Clark 12:30 Jeopardy 1:00 Cooking w/ Emilio 1:30 Theater for All (<i>Drama Class</i>)</p>	<p>6</p> <p>11:00 Socialization & Mind Fitness 11:30 Cranium Crunchers 12:10 L&L: Hoarding vs Clutter w/ Lyla @ BRMH 1:00 Movie: Blue Planet</p>	<p>7</p> <p>10:00 Intro to Walking Champions 10:30 Walking Champions 1:00 Chinese Mahjong 1:00 Tech Class: Google Apps 1:00 Knitting Group</p>
<p>12</p> <p>11:00 Bingo 12:30 Jeopardy 12-4 AARP Safe Driving 1:00 American Sign Language Class 1:30 Theater for All (<i>Drama Class</i>)</p>	<p>13</p> <p>11:00 Socialization & Mind Fitness 11:30 Cranium Crunchers 1:00 Movie: Moana</p>	<p>14</p> <p>10:30 Walking Champions 11:00 Pool Tournament 1:00 Chinese Mahjong 1:00 Art History: Hokusai</p>
<p>19</p> <p>11:00 Music Bingo: The Beatles 12:30 Jeopardy 1:00 American Sign Language Class 1:30 Theater for All (<i>Drama Class</i>)</p>	<p>20</p> <p>11:00 Socialization & Mind Fitness 11:30 Cranium Crunchers 12:45-3:00 Commodities 1:00 Movie: Wicked</p>	<p>21</p> <p>10:30 Walking Champions 1:00 Chinese Mahjong 1:00 Cooking Class: Chick-fil-a Frosted Lemonade (\$2)</p>
<p>26</p> 	<p>27</p> <p>11:00 Socialization & Mind Fitness 11:30 Cranium Crunchers 1:00 Movie: The Hundred Foot Journey</p>	<p>28 <i>National Senior Health & Fitness Day</i> 10-12 Fitness Seminar & Demos NO Line Dancing 12:10 L&L: Active Aging, Barbara Tidwell 1:00 Chinese Mahjong 2:15 Book Club: The Language of Flowers</p>

May 2025

Thursday

Friday

1 May Day

11:00 Good Grief Bereavement Group
11:15 Card-making w/ Brenda
1:00 TED Talk: Jamie Heywood: The big idea my brother inspired
1:00 May Day craft w/ Colby \$2

8

11:00 Jewelry: Morse Code Bracelets (\$2)
12:10 L&L: Finance and Scams
1:00 Craft & Chit Chat: Spring Butterfly Wall Art (\$3)

15

8:30 Living Planet Aquarium Field Trip (\$20)
1:00 TED Talk: Where am I from? Trauma and Decolonizing AAPI Identity w/ Sophia Antoun

22

11:30 Out to Lunch Bunch: Cook's Underground (\$2)
1:00 TED Talk: The hidden history found in your teeth w/ Carolyn Freiwald

29

9:00 Field Trip: Limber Pine Trail Nature Hike (\$2)
11:00 Poker Tournament
1:00 Croquet Tournament

2

9:00 CCB: Senior Swans (Ballet)
10:00 Café Conversations
10:30 Sewing (\$10)
11:00 Stretches and Strength Training
11:00 Wii Games
11:00 Blood Pressure
12:10: Colleen and Ukulele

9

9:00 CCB: Senior Swans (Ballet)
10:00 Café Conversations
10:30 Sewing
11:00 Stretches and Strength Training
11:00 Mothers Day Tea Party

16

9:00 CCB: Senior Swans (Ballet)
10:00 Café Conversations
10:30 Sewing
11:00 Stretches and Strength Training
11:00 Blood Pressure
1:00 Paint 'n' Sip (\$5)

23

9:00 CCB: Senior Swans (Ballet)
10:00 Café Conversations
10:30 Sewing
11:00 Stretches and Strength Training
11:00 Wii Bowling Tournament
12:00 Memorial Day Celebration Barbeque

30

9:00 CCB: Senior Swans (Ballet)
10:00 Café Conversations
10:30 Sewing
11:00 Stretches and Strength Training
11:00 Wii Games

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
1:00 Coloring Group

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

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

New Class



Theatre FOR ALL

Mondays at 1:30
Cache County Senior Center



Taught by Katie Ludlow,
USU Theatre Education
student with 5 years of
teaching experience

What you can expect:

- Explore real-world themes through storytelling and performance
- Collaborate with others in a supportive, creative environment
- Participate in theatre games and group activities
- Learn the basics of applied and devised theatre
- Help shape scenes based on shared ideas
- Build confidence, communication, and performance skills

***No prior theatre experience needed—
just a willingness to try something new!***

Activities



YOU'RE
INVITED!
**Mother's
Day Tea
Party**

FRIDAY, MAY
9TH FROM 11-12
JOIN US IN THE
LIBRARY FOR
MOTHER'S DAY
REFRESHMENTS

Memorial Day CELEBRATION BBQ

Join us Friday, May 23rd at
12:00pm in the outside
pavilion for a barbecue
and entertainment from
Music by Marley.
**This is a free event and all
are welcome!**

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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.</p> <p>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>			1 Meatloaf Au gratin Potatoes Parmesan Roasted Carrots Spiced Pears	2 Sloppy Joe Casserole Mixed Green Salad Mandarin Oranges Chips
5 Chicken Fajitas Cilantro Lime Rice Sautéed Vegetables Tropical Fruit *gluten sensitive *vegetarian option	6 Chef's Choice	7 Chicken Swiss Bake Brown Rice Green Beans Blueberry Peach Feta Salad	8 Chili Baked Potato Broccoli w/ Cheese Fruit Salad *gluten sensitive *vegetarian option	9 Lemon Garlic Salmon Creamed Spinach Wild Rice Mixed Berries *gluten sensitive
12 Reuben Sandwich Blueberry Salad Brownie *gluten sensitive	13 Cheesesteak Potato Casserole Zucchini Fresh Fruit *gluten sensitive	14 Baked Ravioli Italian Veggies Apple Salad Garlic Bread	15 Sweet and Sour Meatballs Brown Rice Peas & Carrots Melon *gluten sensitive	16 Pork Chops Mashed Potatoes & Gravy Roasted Vegetables Watermelon
19 Orange Chicken Fried Rice Stir Fry Vegetables Mandarin Oranges Mango w/ Tapioca *gluten sensitive	20 French Dip Sandwich Carrot Salad Fruit Salad *gluten sensitive	21 Chef's Choice 	22 Irish Beef Stew Mashed Potatoes Peas & Carrots Peaches	23 Hotdog Broccoli Salad Watermelon Frog-Eye Salad *gluten sensitive
26 	27 French Toast Sausage V8 Strawberry Banana Cheesecake Salad *vegetarian option	28 Roasted Chicken Mashed Potatoes & Gravy Roasted Butternut Squash Grape Salad	29 Fish & Chips Coleslaw Melon Salad Cookie	30 Chef's Choice

Field Trips & Tournaments

Field Trips

Vintage Market Days

Sat., May 10th @ 10 | free

Living Planet Aquarium & Lunch

Thurs., May 15th @ 8:30 | \$20

Lunch Bunch: Cooks Underground

Thurs., May 22nd @ 11:30 | \$2 bus or walk for free

Hiking Trip: Limber Pine Trail

Thurs., May 29th @ 9 | \$2

Walking Champions: Conquering Rome

Every Wed. @ 10:30 | free

Sign up and pay @ the front window to save your spot!



Pool Tournament

Wed., May 14th @ 11am

Wii Bowling Tournament

Fri., May 23rd @ 11am

Poker Tournament

Thurs., May 29th @ 11am

Croquet Tournament

Thurs., May 29th @ 1pm

*All tournaments are
free to participate in!
No sign up required*



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Cache County Senior Center, Logan, UT

D 4C 05-1038

New Class

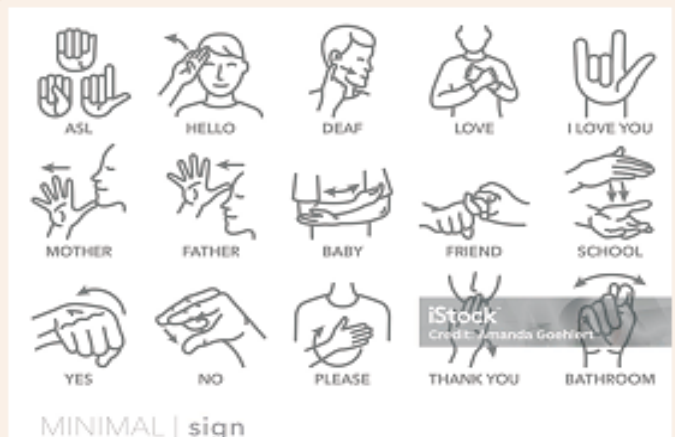
Hosted by Division of Services of the Deaf and Hard of Hearing

Introduction to Sign Language (for Hard of Hearing)

**Mondays at 1:00 pm
May 12 - July 7, 2025**

**Cache County Senior Center
240 N 100 E
Logan, Utah**

**Taught by Janice Roberts
Hard of Hearing Specialist
contact for any questions
jaroberts@utah.gov**



Equal Opportunity Employer/Program • Auxiliary aids (accommodations) and services are available upon request to individuals with disabilities by calling 801-526-9240. Individuals who are deaf, hard of hearing, or have speech impairments may call Relay Utah by dialing 711. Spanish Relay Utah: 1-888-346-3162.



Activities

Walking Champions: CONQUERING ROME

Track your miles this summer as we walk the city of Rome!

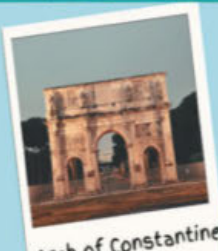
We will walk together every Wednesday at 10:30am starting May 7th. We will track our progress together and take a virtual tour of Rome as we go. Miles walked on your own can also be added to our progress, so remember to add up your miles!

Once we hit our goal, we will celebrate with a Roman-style pizza party!

It is free to participate!



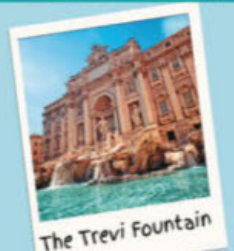
The Colosseum



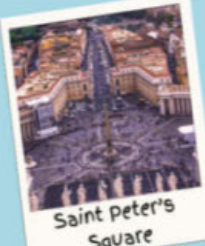
Arch of Constantine



St. Peter's Basilica



The Trevi Fountain



Saint Peter's Square



The Pantheon



The Spanish Steps



The Trajan's Forum

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Cache County Senior Center, Logan, UT

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Caregiver Support

FOSTERING COMPASSIONATE CARE

Supporting Families in Dementia Care

Care partners have the opportunity to play a significant role in supporting the family of someone diagnosed with dementia by offering practical, emotional, and educational help. Here are some ways you can assist:

Provide Emotional Support: Caregiving can be emotionally draining, and family members may feel overwhelmed, frustrated, or helpless. Care partners can offer a listening ear, validate emotions, and provide reassurance. Acknowledging the emotional toll that caregiving takes can help family members feel less isolated.

Connect Families with Support Groups: Support groups are a great resource for family members to connect with others who are going through similar experiences. Offer help by finding and providing information on local or online groups where they can share tips, advice, and coping strategies.

Educate the Family: Dementia can be a confusing and complex diagnosis, so care partners can provide educational resources to help family members understand the disease better. Offering books, articles, or workshops on dementia care and communication strategies helps families approach caregiving with more confidence and understanding.

Keep Family Informed: Regular updates about the person's condition, behavior changes, and care needs are essential for keeping everyone on the same page. Care partners can set up regular communication through phone calls, emails, or family meetings to ensure everyone is informed and involved in care decisions.

Provide Activity Ideas and Supplies: Dementia care often involves keeping an individual engaged in meaningful activities. Care partners can help the family by suggesting and providing activity supplies like puzzles, art materials, or sensory tools that are tailored to the person's abilities. This promotes connection and cognitive stimulation between the

individual and their family.

Compliment and Acknowledge Family Members' Efforts: Caregiving is challenging, and family members may not always feel appreciated. Care partners can provide compliments and positive feedback to help family members feel valued. A simple acknowledgment of their hard work can help reduce burnout and boost morale.

Suggest Respite Care Options: Family caregivers may need a break to avoid exhaustion. Care partners can suggest respite care services or help coordinate short-term care to give family members a chance to rest, recharge, and focus on their well-being.

Offer Practical Help: In addition to emotional support, care partners can provide practical help by assisting with tasks like coordinating medical appointments, helping manage medications, or even offering a few hours of respite care when family members need time for themselves.



On May 30, the cafeteria will be closed from

8:30 am to 11:30 am for a training

Events & Activities

Craft 'n' Chit Chat **SPRING BUTTERFLY WALL ART**

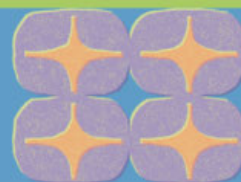


Thurs., May 8th @ 1pm
in the sewing room
RSVP | \$3 Fee

VINTAGE MARKET DAYS

**SATURDAY 10 MAY 2025 -CACHE COUNTY
FAIR GROUNDS**

Meet Kylie at the fair grounds at 10am!
You must have your own means of
transportation- RSVP at the front desk
so we know to watch for you!



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Cache County Senior Center, Logan, UT

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Adult Coloring

