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JUNE 2025

○○○○

CACHE COUNTY SENIOR CENTER

## NEWSLETTER



*everyone is welcome to our*

# SUMMER

## *Father's Day Picnic*

*Grab your sunglasses and  
your best picnic vibes—let's  
enjoy the sunshine together!*

**JUNE 13**

**12 PM – 1:00 PM**

There will be music, ice cream, and  
laughter as we celebrate Father's  
Day. Don't forget to RSVP at the  
front desk.

## Annual Application Filing Deadline-September 1st

Senior Tax Deferral: Tax relief postpones tax due date

UCA 59-2-1802.5 Effective 5/3/2023

### REQUIREMENTS:



\*Primary residence as of January 1st

\*75 years or older during year of application

\*Household income not to exceed 200% of homeowner's credit  
2025 \$85,246

\*Liquid resources not to exceed 20 times prior year property tax

\*Value of the single-family residence must be no greater than 100% of  
median value in the county

2025 Attached \$315,819

2025 Detached \$484,435

\*Mortgage holder must give written approval of the deferral

\*Must disclose all assets transferred to a relative for the three  
preceding years

\*Cannot be the owner of income-producing assets that could be  
liquidated to pay the tax

\*Taxes deferred accumulate interest at 50% of delinquent rate

\*Taxes deferred, interest, and recording fees become a lien against the  
residential property

All household members are subject to income verification!

Annual Application Filing Deadline is September 1st  
Applications must be turned in at the Auditor's Office

**179 North Main Suite 112**

All applications require documents to verify eligibility

# 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, June 9th from 12 pm– 4 pm.

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**(435) 787-1023**







I'm unsure if Medicare covers the cost of durable medical equipment. Does Medicare cover equipment?

Rose (Anchorage, AK)

**Dear Rose,**

Yes, Medicare Part B covers durable medical equipment (DME). DME is equipment that serves a medical purpose, can withstand repeated use, and is appropriate for use in the home. Examples of DME include wheelchairs, walkers, and oxygen equipment. Medicare also covers prosthetics, orthotics, and some medical supplies. Here is an overview of the Medicare coverage rules for these products:

**Eligible equipment:**

Medicare's DME benefit does not cover all medical equipment. Medicare covered DME:

- Is durable, meaning it can be used many times
- Serves a medical purpose
- Is for use in the home, although you can also use it outside the home
- And is likely to last for three years or more

**Medicare does not cover:**

- Equipment mainly for outside the home
- Most items intended only to make things more convenient or comfortable, like air conditioners or grab bars
- Items that get thrown away after use or that aren't used with equipment in most cases, like incontinence pads or surgical facemasks
- Modifications to your home, such as ramps or widened doors for improving wheelchair access
- Equipment that is not for use in the home, like some specialized hospital beds

Whether you have Original Medicare or a Medicare Advantage Plan, the types of equipment covered are the same Coverage requirements:

**Covered DME must:**

- Be ordered by a provider who says it's medically necessary for use in the home
- Be obtained from suppliers who contract with Original Medicare or your Medicare Advantage

Plan

- Medicare Advantage Plans may have additional requirements and different cost sharing rules

**Coverage method:**

Depending on the type of equipment you need, you may need to either rent or buy the DME. Medicare typically only pays for standard equipment that meets your health needs. If you want special features or upgrades, you may have to pay more.

**Maintenance:**

Whether Medicare covers the cost of maintenance and repair for your DME will depend on whether or not you rent or bought the equipment. Medicare may also cover replacement of the equipment in some circumstances.

To find out if Medicare covers the equipment or supplies you need, or to find a Medicare approved DME supplier in your area, call 1-800-MEDICARE or visit [www.medicare.gov](http://www.medicare.gov). You can also learn about Medicare coverage of DME by calling your State Health Insurance Assistance Program (SHIP).

Hope this helps!

-Marci

Dear Patrons,

We want to thank everyone who has participated in and supported our free table over the years. It was created as a way to share gently used items and small treasures with our community—offering a little something for everyone to enjoy.

However, we've noticed a growing challenge: many items are being taken all at once, which prevents others from having a fair chance to benefit

from the table. To ensure fairness and maintain the spirit of sharing, we've made the decision to discontinue the free table for now. We appreciate your understanding and continued support. If we explore other ways to share resources in the future, we'll be sure to keep you informed. Thank you for helping us create a respectful and inclusive space for all!

Warmly,  
Giselle Madrid—  
Director

## Lunch Series | Tuesday Movies

### June Lunch Series

6/4: Flores Family Community  
Garden

6/9: Nutrition w/Jenna

6/11: Home based foot care by  
Allevio

6/17: Poison Prevention w/BRHD



### NOW SHOWING

#### June 3rd: Out to Sea

(1997, PG-13, 1H 49M)

#### June 10th: Apollo: Missions to the Moon

(2019, PG, 1H 35M)

#### June 17th: Mamma Mia!

(2008, PG-13, 1H 48M)

#### June 24th: Overboard

(1987, PG, 1HR 53M)

**Movies every Tuesday at 1pm**



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# June

Monday	Tuesday	Wednesday
<b>2</b> 11:00 Bingo 12:30 Jeopardy 1:00 American Sign Language Class 1:30 Theater for All	<b>3</b> <b>9:00 Pickle ball (\$2)</b> 11:00 Socialization and Mind Fitness 11:30 Cranium Crunchers 1:00 Movie: Out to Sea 	<b>4</b> 10:30 Walking Champions 12:30 L&L: Flores Family Community Garden 1:00 Horseshoes 1:00 Kitting Group 1:00 Chinese Mahjong
<b>9</b> 11:00 Music Bingo: Beach Boys 12-4 AARP Safe Driving 12:10 L&L: Nutrition w/Jenna 12:30 Jeopardy 1:00 Cooking Demo w/Jenna 1:00 American Sign Language 1:30 Theater for All	<b>10</b> 10:00 Croquet 11:00 Socialization and Mind Fitness 11:30 Cranium Crunchers 1:00 Movie: Apollo: Missions to the Moon	<b>11</b> 10:30 Walking Champions 12:30 L&L: Home based foot care by Allevio 1:00 Cooking Class: Crock Pot Peach Chicken (\$3) 1:00 Chinese Mahjong
<b>16</b> 11:00 Bingo 12:30 Jeopardy 1:00 American Sign Language Class 1:30 Theater for All	<b>17</b> 10:00 Jewelry Class: Earing Rings (\$3) 11:00 Socialization and Mind Fitness 11:30 Cranium Crunchers 12:30 L&L: Poison Prevention 12:45-3:00 Commodities 1:00 Movie: Mamma Mia!	<b>18</b> 10:30 Walking Champions 1:00 Chinese Mahjong 1:00 Craft 'n' Chit Chat: Tea Pot Bird Houses (\$20)  <b>6:00 Evening Movie: Twisters</b>
<b>23</b> 11:00 Bingo 12:30 Jeopardy 1:00 American Sign Language Class 1:30 Theater for All	<b>24</b> <b>9:00 Pickleball (\$2)</b> 11:00 Socialization and Mind Fitness 11:30 Cranium Crunchers 1:00 Movie: Overboard	<b>25</b> 10:30 Walking Champions <b>1:00 Craft: Watercolor Coasters (\$3)</b> 1:00 Chinese Mahjong 2:15 Book Club: Shadow of the Wind
<b>30</b> 11:00 Bingo 12:30 Jeopardy 1:00 American Sign Language Class 1:30 Theater for All		



# June

## Thursday

**5**

**9:00 Hike: Lindstrom Park (\$2)**

11:00 Good Grief:  
Bereavement Group  
11:15 Card-Making w/Brenda  
1:00 Tech Class: Intro to online  
banking

**12**

**10:30 Field Trip: Summerfest (\$2)**

1:00 Art History Class: Claude  
Monet

**19**



**Center Closed**

**26**

**8:30 Field Trip: Hogle Zoo (\$20)**  
**NO Bingocize Today**

## Friday

**6**

9:00 CCB Senior Swans  
10:00 Café Conversations  
10:30 Sewing Class (\$10)  
11:00 Stretches & Strength  
Training  
11:00 Wii Games  
11:00 Blood Pressure

**13**

9:00 CCB Senior Swans  
10:00 Café Conversations  
**10:30 NO Sewing Class**  
11:00 Stretches & Strength  
Training  
**12:10 Ice Cream Bar for Father's  
Day by Comforcare**

**20 Summer Solstice**

9:00 CCB Senior Swans  
10:00 Café Conversations  
9:30 Sewing Class (make up)  
11:00 Stretches & Strength  
11:00 Blood Pressure  
**6:30 Friday Night Live @ The  
Plaza**

**27**

9:00 CCB Senior Swans  
10:00 Café Conversations  
10:30 Sewing Class  
11:00 Stretches & Strength  
Training  
11:00 Wii Games  
1:00 Paint 'n' Sip (\$5)

## 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

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

## 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 N Be Fit w/ Darrell**  
**11:00 Silver Sneakers**  
**11:00 Poker**  
**12:30 Mahjong**

## Friday

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

*Starting in June, our doors will open at 8:15 AM.  
We look forward to welcoming our summer visitors and  
continuing to provide a warm and inclusive environment for  
everyone. —Giselle Madrid— Director*

# The Healing Power of Music and Friendship

## United in grief, an extended family uses music to soothe and connect

By Lee Woodruff Published January 28, 2022

Mark and Val Haller, 64, of Winnetka, Illinois, had planned to celebrate Christmas with their four grown sons and spouses, three grandchildren and their parents. As positive COVID tests began to ground family in various cities, they struggled with the dashed hopes and disappointment felt by so many this past holiday season.

The last year had been hard for other reasons. Within a few months of one another, both Val and Mark lost their fathers, Edward (Ed) J. Haller, Jr. and Walter (Bud) H. Gruger, Jr. Their parents had each been married for 67 years, and both men had served their country and were beloved patriarchs and devoted spouses. While the two sets of in-laws were fond of one another, they'd never spent enough time together to cement a deep friendship.

### Enter holiday season 2021

What was supposed to be a fun and lively gathering had suddenly shrunk down to Mark and Val with their grieving mothers. Val's mom, Dalis Gruger, 91, and Mark's mother, Joan Haller, 88, had never been alone together. Mark and Val were slightly worried about how the vacation would flow, especially without the distraction of the grandchildren and multiple activities. But in the end, their mothers' feelings of loss ended up connecting the women as friends and deepening the relationship among all four of them.

### Music as soother

One big healer for all of them was the power of music in helping to remember the men during happier times and in finding relief from the sad moments. Music, as it so often can be, became a balm and connective tissue. And luckily, Dalis

and Joan were in the right house. Val Haller knows a thing or two about music. It's not just her passion, but it

has been her livelihood for the past 15 years. She's the founder of ValsList, a music discovery platform that helps busy adults keep up with new music by bridging the music gap between generations. Her "Music Match" column in the *New York Times* paired vintage artists with new and emerging artists with a similar vibe. And her curated playlists on Spotify help busy adults find songs by mixing old and new artists. As a lifetime music fan, Val began making playlists as a hobby for other people. Constantly on the hunt for new artists, she would share her discoveries with her parents and children as a way to spark conversation and connection. She routinely received feedback about how her playlists had been a gift, and people always commented on the new artists she would sprinkle in. "Listening to each other's music across generations can not only promote fun conversations and memories," says Val, "it can connect new pathways in the brain to learn something new."



### The science behind music's feel-good vibes

Most of us can relate to the way a beloved song can lift us up when we are down — and science backs that up. "Music lives in a different location in your brain than the thinking and speaking centers," says Peter Costantino, M.D., executive director of the New York Head and Neck Institute in Manhattan. "When someone is consumed with grief or worry, music and its area of the brain can override the emotions that often trap us in negative thoughts and help in dealing with the stress of loss or grief of illness. This can also positively affect blood chemistries and boost the immune system."

Cont. Pg. 12



## Field Trips



Let's go check out art at  
Summerfest!

Thursday, June 12 @10:30

Bus will drop us off and pick us  
up, no need to fight parking!

We will tour the faire and eat  
lunch then return to the center.

\$2 Bus Fee

RSVP at front desk

## FIELD TRIP TO HOGLE ZOO

Bus Fee \$20 -Plus Entrance Fee \$24.95  
Plus Lunch Cost: There is a cafe or you  
may bring your own sack lunch. Please  
remember to bring water.

Must be able to walk well- the zoo is  
expansive. Plan on 3 hours of walking  
RSVP at front desk



JUNE 26

BUS LEAVES AT 8:30

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# June Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p><b>Tomato Basil Soup</b> Grilled Ham &amp; Cheese Sandwich Tropical Fruit</p> <p>*vegetarian option *gluten sensitive</p>	<p>3</p> <p><b>Tater Tot Casserole</b> Peas &amp; Carrots Grape Salad</p>	<p>4</p> <p><b>Pineapple Chicken</b> Brown Rice Roasted Squash Oranges</p> <p>*gluten sensitive</p>	<p>5</p> <p><b>Tuna Salad Sandwich</b> Cucumber Salad Cantaloupe</p>	<p>6</p> <p><b>Beef Tips &amp; Gravy</b> Mashed Potatoes Fruit Salad Green Beans</p>
<p>9</p> <p><b>Strawberry Chicken Salad</b> Blueberries &amp; Mandarin Oranges</p> <p>*vegetarian option *gluten sensitive</p>	<p>10</p> <p><b>Tuscan Chicken With Pasta</b> Sautéed Zucchini Fresh Fruit</p> 	<p>11</p> <p><b>Hearty Ham Casserole</b> Garden Vegetables Apple Salad</p>	<p>12</p> <p><b>Pineapple Pork Chop</b> Jasmine Rice Broccoli &amp; Cauliflower Bake Melon</p>	<p>13</p> <p><b>Hamburger w/ Fix'ns</b> Potato Salad Watermelon</p> <p>*gluten sensitive <i>Happy Father's Day</i></p>
<p>16</p> <p><b>BBQ Pork Sandwich</b> 3 Bean Salad Tropical Fruit Chips</p> <p>*gluten sensitive</p>	<p>17</p> <p><b>Panko Breaded Fish w/ Lemon Pepper Sauce</b> Brown Rice Coleslaw Mixed Fruit</p>	<p>18</p> <p><b>French Toast Bacon Vegetable hash</b> Oranges</p>	<p>19</p> <p><b>Closed in observance of Juneteenth</b></p> 	<p>20</p> <p><b>Caesar Chicken Salad</b> Mixed Fruit Cookie</p> <p>*vegetarian option *gluten sensitive</p>
<p>23</p> <p><b>Chef's Choice</b></p> 	<p>24</p> <p><b>Meatloaf</b> Au gratin Potatoes Peas &amp; Carrots Apple Salad</p>	<p>25</p> <p><b>BBQ Riblets</b> Mac &amp; Cheese Coleslaw Peaches Cookie</p>	<p>26</p> <p><b>Hot Dogs</b> Beetroot Salad Honeydew Chips Strawberry Delight</p> <p>*gluten sensitive</p>	<p>27</p> <p><b>Broccoli Cheese Casserole w/ Ham</b> Mixed Fruit Mixed Veggies Wheat Roll</p>
<p>30</p> <p><b>Chicken Alfredo Pasta</b> Broccoli Fruit Salad</p>				



## Night Life

### FRIDAY NIGHT LIVE @ THE PLAZA

LIVE MUSIC  
FEAT. KRISTINA  
EVONNE



Join Kylie on Friday, June 20<sup>th</sup> @ 6:30 pm  
@ the Laub Plaza for live music, line  
dancing, and good vibes!  
It is *free* to the public!  
You must have your own transportation  
and bring a chair for the show!

## MOVIE NIGHT



WEDNESDAY, JUNE 18

AT

6:00

pm

TWISTERS (PG-13, ZHZM)

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Cache County Senior Center, Logan, UT

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## Continued from Pg. 8

When Mark's father had a stroke that led to his death, Val created a playlist that her husband could hold up to his ear and help keep him calm. And when her

own father began to succumb to Alzheimer's and Parkinson's, she made playlists that her mother could use to soothe his agitation and create a better day for them both. "One playlist included my mom's favorite, "Harvest Moon" by Neil Young. While my dad was rarely on his feet, to my surprise my sister sent me a video of he and my mom slow dancing to the song," recalls Val. "My niece was so touched by the video that she uploaded it to TikTok (and it immediately garnered thousands of views). We could literally watch how the music tapped into his old memories and reduced his anxiety and heart rate."

When her father was dying in hospice, Val's curated a playlist of softer, calming music that she hoped would give him comfort, even though he could not respond. "I've read that hearing is one of the last senses to go," says Val, "and that means we can all give loved ones a sense of peace and calm toward the end, not just to the dying person but to the caregiver as well. Music is the gift that can provide a shared experience during the end of life."

One of the ways their families had always connected was through her ValsList house concerts in Chicago. Emerging bands and touring artists coming through Chicago would perform and stay at the Hallers' home. Throughout the years, and even after Val's concerts moved to bigger venues, both sets of parents would attend, which deepened their appreciation and curiosity about what was happening in the music world. "We loved watching all four of our parents being exposed to new artists and kinds of music," says Val. "I once joked with my mother that Dad was going to be jealous when a cute lead singer of the



band came and sat beside her to chat!"

"All of us are set in our ways," adds Mark, "but music is such a universal language, when you ask people what songs or artists they like, and then make a gentle suggestion about something new, it's amazing what

can happen. The house concerts gave us the chance to experience that discovery with our parents."

### Finding a new normal

When both women first came together in Florida, it was difficult for Mark and Val to witness their pain. Each woman grieved in her own quiet way. "They were figuring out how to organize their days without their husbands and learning to make decisions alone," recalls Mark. "It had been so long since both of them had been able to wake up and ask themselves what they wanted to do that day."

While all of them were relieved that their loved ones had been released from pain, this first holiday without them was a sorrowful milestone, especially without kids and grandkids to bring a different energy. Talking about their memories and playing music during this time helped elevate all of their spirits and change the mood. It began not only to foster warm memories about the past, but also to build a hopeful and positive bridge to the future.

"Mark and I tried to take this opportunity of time and proximity to help them figure out what their daily lives could look like. We went on walks and gave them a choice of activities, but never wanted to push. We didn't want it to feel like summer camp," says Val. "But we also left them lots of time alone to talk to one another, because we understood there were things they might want to share without us."

Continued on pg. 13

## A friendship blooms

Slowly, the women began to embrace an outing or two, and to learn new ways to stay connected to the kids and grandkids through technology. While doing a video chat with the family over the holiday, Val encouraged her mother that it was OK to just call them spontaneously, which gave her the confidence to do it herself. Connecting through social media became other tutorials from Mark; both mothers asked him to teach them how to use Venmo.

“My mother is eager to learn everything she can to be able to stay connected and I get tech calls frequently, which is a total win,” laughs Mark. “She’s now talking like Dick Tracy on her iWatch all the time.”

By Christmas Eve, the growing connection and friendship between Dalis and Joan was palpable. They were enjoying one another’s company and looking toward the future in more

hopeful ways. Late that afternoon they all carried chairs and a bottle of wine to the beach to watch the sunset. Val had created a 1950s playlist to enjoy the view and ease them into their first holiday without the men. “The sun was sinking and a sailboat appeared on the horizon just as Frank Sinatra came on,” remembers Mark. “We had used the song “My Way” in my dad’s eulogy, as the lyrics describe him to a T.” Val added, “My Dad loved to sail and when I spotted the boat, I knew that was him saying hi to us. We all sat there listening to the music, thinking our own thoughts, in absolute peace.”

Lee Woodruff is a caregiver, speaker and author. She and her husband, Bob, cofounded the Bob Woodruff Foundation, which assists injured service members and their families. Follow her on Twitter and Instagram.

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## The Gentle Side of Loss



### The Gentle Side of Loss

Loss is a challenging word. It means to sacrifice, misplace, or feel the absence of something familiar, loved, or forfeited. All at once, the love, time, and attention that was directed at someone or something has nowhere to go. It is starved for reciprocation and connection. It wanders and gets confused, grieving its empty place and purpose. Those who suffer loss need to feel safe again. **Are there any best practices for those working to heal from loss?** There are five common recommendations offered by health and wellness websites:

Get a lot of rest. Loss and grief are hard work, and each takes a great deal of energy. The mind, body, and soul all need a break from processing and carrying the burden. 2. Stick to physical health routines. Carry extra water and stay hydrated. Take warm showers, keep your hair and teeth clean. Little routines make a great difference during the healing process. 3. Do not apologize. You do not need to apologize or explain how you feel. Loss simply is that—loss. Embrace the reality of it. Give it a place at the table. Be tender with it. It needs to be understood before it can be healed. 4. Delegate tasks and allow help. Loss by its very nature creates chaos and confusion. It is important to let trusted friends/family guide you through tough

emotions and decisions. Do only what is necessary. Give yourself time, if you are able, before making serious decisions. 5. Be gentle with yourself and others. Remember that anger, outbursts, and frustration are the language of loss. People often wish “someone” (anyone) could have stopped the choices and consequences that led to the pain they are experiencing. Getting defensive, playing the blame game, and hurting others are “temporary fixes” to pain that can imbed loss and create new wounds. Healing requires learning to find healthy ways to let the pain out and calm in.

Treat yourself with kindness, compassion, and understanding. Be gentle when facing challenges or making mistakes, rather than being critical or harsh. Lean into every loss with love.

June 17: Commodities from  
12:45 pm–3:00 pm

June 19: Closed for Federal  
Holiday: Juneteenth



## New Class



### SENIOR SWANS DANCE LIKE NEVER BEFORE



Come experience the joy of ballet in our **Senior Swans** class!

As a founding Arts leader in Northern Utah, the Cache Valley Civic Ballet strives to nourish and strengthen an appreciation for the Arts, especially ballet, in community members of all ages.

Perfect for all skill levels, this class encourages movement, flexibility, and social interaction. Each session is designed to be fun and uplifting, allowing you to express yourself through dance while meeting new friends. Wear comfortable clothing and bring your favorite water bottle to stay hydrated! Let's twirl together and make beautiful memories!



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