

NEWSLETTER



Cache County Senior Center's Theatre For All Presents

Hansel and Gretel

At the Senior Center

August 4, 2025 at 1:00 PM

Enjoy a free short play performance from our theater class followed by light refreshments.



Peach-Plum Galette

2 tsp. cornstarch

1 tsp. finely grated lime zest

1 tsp. kosher salt

1/3 cup sugar, plus more for sprinkling

1 lb. peaches, cut into ¾"-thick wedges

1 lb. plums, cut into ³/₄"-thick wedges

1 Tbsp. fresh lime juice

1 tsp. vanilla extract

1 tsp. finely grated peeled ginger (optional)

Extra-Flaky Pastry Dough

1 Tbsp. heavy cream

Step 1

Preheat oven to 400°F. Combine cornstarch, lime zest, salt, and ½ cup sugar in a medium bowl. Toss with your hands to combine, then add fruit and toss to coat. Add lime juice, vanilla, and ginger (if using); toss gently.

Step 2

Arrange fruit mixture in the center of chilled dough (still on parchment on baking sheet) and spread out evenly, leaving a 3" border. Fold edges of dough up and over fruit, pleating as needed and being careful that folded edge of dough doesn't tear (if it does, patch with dough scraps and pinch to seal). Pour cream into a small bowl and brush all over dough. Sprinkle sugar evenly over dough.

Step 3

Place galette in oven and immediately reduce heat to 375°F. Bake, rotating halfway through, until crust is deep golden brown everywhere, fruit is softened, and juices are bubbling, 45–50 minutes. Let galette cool 2 hours before serving.

Step 4

Serve galette with whipped cream or ice cream if desired.

https://www.epicurious.com/recipes/food/views/peach-plum-galette

VOLUNTEERS NEEDED!

CALLING ALL VOLUNTEERS!
WE NEED YOUR HELP!

Meals on Wheels is looking for volunteers to help deliver meals Monday through Friday. Delivery times start at 11AM. Truck Routes and Mini Routes available.

If you're looking for a way to give back to our community reach out today to start the application process!



Call, email or stop by to learn more! 240 N 100 E Logan 435-755-1720 sarah.valent@cachecounty.gov

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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3 Key Things to **Know About** Scams in 2025

Today's sophisticated fraud criminals are serious about stealing your money; you need to get serious about protecting yourself.

Last year, consumers reported to the Federal Trade Commission (FTC) fraud losses of more than \$12.5 billion. That's a 25 percent increase from the previous year. The actual losses are likely higher because fraud is a notoriously underreported crime. While only \$10 billion was reported stolen through fraud to the FTC in 2023, for example, the agency's later analysis concluded that the real amount may have been as high as \$158.3 billion.

Here are three things you need to know about fraud right now:

1. Scams are perpetrated by highly sophisticated international criminal organizations.

Scammers typically aren't two-bit lone criminals working out of their basements. McKenna estimates that roughly 80 percent of scams that target Americans come from mafia-style crime organizations based outside of the United States. "These are gangsters," he says, and they're ruthless: When the criminals realized he was probing their operations rather than succumbing to the scams, they sent him death threats.

Americans lost \$3.5 billion from scams originating from Southeast Asia in 2023, according to data from the United States Institute of Peace. In countries such as Myanmar, Cambodia, and Laos, 40 percent of the economy is based on fraud.

Southeast Asia is not the only criminal hotspot. India is home to a large number of tech-support scams. Romance scams often originate in West Africa. Nigeria, for example, is well-known for its "Yahoo Boys," who lure victims with catfishing techniques (creating false identities and attracting people through dating apps, messaging apps, and social media). But Southeast Asia is scam central, most notorious for frauds that use financial grooming, often known as pig butchering, as a technique: Criminals will spend time fostering relationships with their targets, building trust before proposing they invest in phony cryptocurrency

Fighting scams isn't simply about protecting your life savings, as essential as that is. It's about knowing that your stolen money is enriching inhumane criminal organizations. Southeast Asian fraud factories use human trafficking and deceit to ensnare and enslave workers who are often tortured for not meeting quotas. "They've got about 400,000 people, they put them in scam compounds, and they have them work 20 hours a day," says McKenna, who calls it "the most brutal thing that's happened to humanity at this scale since World

Another reason this knowledge is essential: Knowing your adversary's strength can lead to better defenses.

2. Protect your finances like you protect your health and property.

A sophisticated threat requires strong defenses, but many of us aren't taking proper steps. Amy Nofziger, director of victim support for the AARP Fraud Watch Network, gives an example from a recent talk on financial security. She asked her audience: How many of you lock your doors? How many of you have an alarm or live in a gated community? How many of you have a dog or even a gun? Nearly every hand was raised. Then, she asked, How many of you have a credit freeze on your credit report? Only two hands stayed up. "You're probably more likely to be a victim of a fraud or a scam than you are to have your property burglarized," Nofziger says. "So why are we focusing on someone stealing our TV and not on someone stealing our retirement savings?"

You need to create barriers against scammers. Basic protections include:

Managing your phone's settings so any unknown number goes to voicemail.

On social media, adjusting privacy settings to the most restrictive levels.

Freezing your credit and regularly checking your credit report.

Asking your credit card company to send notifications for charges over a certain amount (or for any amount). Find more tips here and at AARP's Fraud Resource Center.

3. Report scams to the authorities.

William Webster was an unlikely scam target. He is a former judge and former director of the FBI and the CIA. And yet in 2014, Webster, then age 90 (he's 101 now), was targeted in a Jamaica-based lottery scam (victims are told they've won money but need to pay a fee before receiving it). When Webster's wife, Lynda, repeatedly told the scammers to stop calling, one of them issued a chilling threat. She would die, he said, from a sniper's bullet.

https://www.aarp.org/money/scams-fraud/facts-aboutscams-2025/

Lunch Series | Tuesday Movies

August Lunch Series All lunch events begin at 12:30 unless otherwise specified

7/1: Brain Fitness Presentation by Jan Hertzfeld

7/6: Root Beer Float Party

7/11: Nutrition w/ Jenna @12:10

7/11: Cooking w/ Jenna @1pm

7/27: Vaccines w/ Reed's Pharmacy

NOW SHOWING

Aug. 5th: Learning to See

(2016, PG, 1H 8M)

Aug. 12th: Elton John: Never Too

Late

(2024, PG-13, 1H 42M)

Aug. 19th: The Aviator (2004, PG-13, 2H 35M)

Aug. 26th: Turner and Hooch

(1989, PG, 1H 37M)

Movies every Tuesday at 1pm





August 2025

Monday	Tuesday	Wednesday					
Are you cleaning out your space or wanting to downsize? Help us restock our Gift Shop! Wanted donations include: collectables, trinkets, like new clothes and shoes, and home décor, or your hand made items. All proceeds help fund Meals on Wheels.							
4 11:00 Bingo 12:30 Jeopardy 1:00 Coloring Group 1:00 American Sign Language 1:00 Theater for All Presents: Hansel and Gretel	5 10:00 Croquet 11:00 Mind Fitness 11:30 Cranium Crunchers 1:00 Movie: Learning to See	6 Root beer Float Day 10:30 Walking Champions 12:30 Root Beer Float Party 1:00 Art History Class: Salvador Dali 1:00 Knitting Group					
11 11:00 Music Bingo: Elton John 12:10 L&L Nutrition w/Jenna 12:30 Jeopardy 1:00 Cooking Demo w/Jenna 1:00 Coloring Group 1:00 American Sign Language 1:30 Theater for All	12 10:00 Horseshoes 11:00 Mind Fitness 11:30 Cranium Crunchers 1:00 Movie: Elton John: Never Too Late	13 10:30 Walking Champions 11:00 Pool Tournament 1:00 Craft 'n' Chit Chat: Ladybug Pot (\$5)					
18 11:00 Bingo 12:30 Jeopardy 1:00 Coloring Group 1:00 American Sign Language	19 10:00 Croquet 11:00 Mind Fitness 11:30 Cranium Crunchers 12:45-3 Commodities 1:00 Movie: The Aviator	20 10:30 Walking Champions 1:00 Cooking Class: Copycat Star Crunch Cookies (\$2)					
25 11:00 Bingo 12:30 Jeopardy 1:00 Coloring Group 1:00 American Sign Language	26 10:00 Horseshoes 11:00 Mind Fitness 11:30 Cranium Crunchers 1:00 Movie: Turner & Hooch	27 10:30 Walking Champions 12:30 L&L Vaccines w/ Reed's Pharmacy 1:00 Jewelry making: Broach 2:00 Book Club: 71/2 Deaths of Evelyn Hardcastle					

August 2025

Thursday	Friday
	9:00 CCB: Senior Swans Ballet 10:00 Café Conversations 10:30 Sewing Class (\$10) 11:00 Wii Games 12:30 L&L: Brain Fitness Presentation by Jan 1:00 Ping Pong
7 10:00 Field Trip: Cache County Fair and Lunch (\$2) 11:15 Card-making w/Brenda 1:00 TED Talk: Love Bugs 5:00 Evening Movie Party: Jumanji: Welcome to the Jungle	9:00 CCB: Senior Swans Ballet 10:00 Café Conversations 10:30 Sewing Class 11:00 Blood Pressure 1:00 Paint 'n' Sip: Ladybug Painting (\$5)
14 8:30 Hike: Mantua Lake (\$5) 1:00 Craft: Seashell Trinket Dishes (\$2)	9:00 CCB: Senior Swans Ballet 10:00 Café Conversations 10:30 Sewing Class 1:00 Ping Pong
21 11:15: Lunch Bunch: Habibi Mediterranean (\$2) 1:00 Medicare 101 w/ Colby	9:00 CCB: Senior Swans Ballet 10:00 Café Conversations 10:30 Sewing Class 11:00 Blood Pressure 11:00 Wii Games 1:00 Ping Pong
9:00 Field Trip: Stokes Nature Center (\$2) 1:00 TED Talk: How Dogs Love Us	9:00 CCB: Senior Swans Ballet 10:00 Café Conversations 10:30 Sewing Class 11:00 Wii Games 1:00 Ping Pong

Daily Activities

8:15-2:30 Computers 8:15 Fitness Room 8:15 Library 12:00-1:00 Lunch 8:15 Pool Tables 8:15-2:30 Quilting Monday 10:00 Beginner Ukulele 10:00 Poker 11:00 Bread & Jam Band 11:00 Bingo 12:30 Jeopardy 1:00 Coloring Group 1:00 Tai Chi 1:00 Game: Hand and Foot Tuesday 8:15 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 8:15 Ceramics 10:00 Bingocize 10:30 Sit & Be Fit w/ Darrell 11:00 Poker 12:30 Mahjong Friday 10:00 Painting 10:30 Sewing 11:00 Board/Card Games 1:00 Tai Chi 2:15 Mindfulness Group

Medicare -What is the Extra Help program?

Dear Marci,

My pharmacist mentioned that I might be able to get onto a program called Extra Help. Can you explain the benefits of enrolling in this program?

-Malcolm (Houston, Tx)

Dear Malcolm,

Extra Help is a cost-assistance program that helps you pay for prescription drugs while on Medicare. It works by paying for your Part D premium (up to a state-specific benchmark amount) while lowering the cost of your prescription drugs.

Note: You pay no premium if you have a basic Part D drug plan with a premium at or below the Extra Help premium limit for your area. You will likely still owe a premium, though, if you have an enhanced Part D plan, even if the premium is below the benchmark.

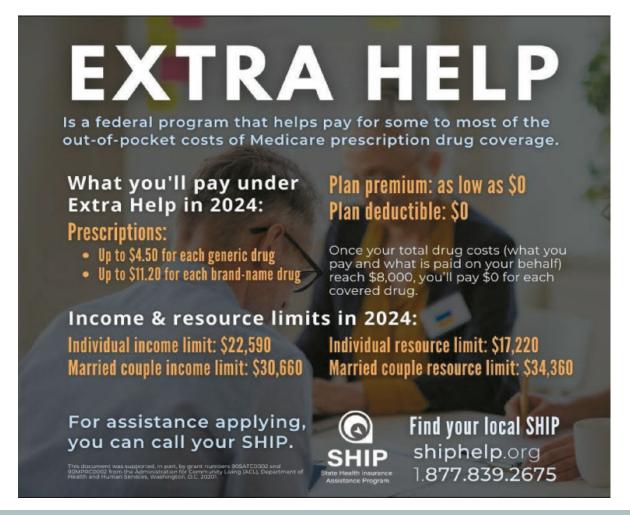
Some extra perks are that if you qualify for Extra Help and happen to have a Part D late enrollment penalty, it will eliminate that fee. It also gives you Special Enrollment Periods throughout the year to enroll in a Part D or switch between plans.

You should automatically be enrolled in Extra Help if you have Medicaid, Supplemental Security Income, or a Medicare Savings Program. If that's not the case for you, you might still be eligible if you have limited assets and your income is below \$1,903 per month as an individual, or \$2,575 as part of a couple.

Most importantly this is a Federal Program. Apply online through the Social Security Administration or contact the Medicare Rights Center for assistance applying.

I hope that helps!

—Marci



Activities





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Have our newsletter emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM

August 2025

Monday	Tuesday	Wednesday	Thursday	Friday
				Ham Soup 1/2 egg salad sandwich Crudités Pears
Ribs Mac & Cheese Green Beans Watermelon	Shredded Chicken Tacos Southwest Corn Fresh Fruit Churro	Pork Chops Mashed Potatoes w/ Mushroom Gravy Green Beans Peaches	7 Mediterranean Chicken Salad Mixed Fresh Fruit	8 Sheppard's Pie Peas and Carrots Grape Salad
Pot Roast Mashed Potatoes Sautéed Vegetables Mixed Fruit Cherry Crisp	Loaded Baked Potato Buttered Peas Fruit Salad	Chef's Choice	Meat Loaf Scalloped Potatoes Steamed Broccoli Mixed Fruit	Cod Brown Rice Roasted Vegetables Oranges
Chicken Pesto Cavatappi Buttered Peas Sunshine Carrots Peaches	Hamburgers w/ all the Fix'ins Broccoli Salad Watermelon	Baked Ziti Buttered Peas Apple Salad Slice of Bread	Pot Roast Casserole Shredded Brussel Sprouts Watermelon Roll	French Toast Eggs & Sausage V8 Berry Fruit Mix
Teriyaki Chicken Jasmine Rice Stir Fry Veggies Mandarin Oranges *gluten sensitive	Sweet & Sour Meatballs Jasmine Rice Stir Fry Veggies Tropical Fruit	27 Sausage Lentil Soup 1/2 Ham Sandwich Crudités Mixed Fruit	28 Chef's Choice	Hawaiian Haystacks Buttered Peas Mandarin Oranges

For those 60+ and their spouse the suggested donation is \$4.00 per person. Please call in by 3:00pm the day before.

The full cost of the meal is \$12.00 for those under age 60. Please pay at the front desk to receive your meal.

Menu is subject to change

Field Trips

COUNTRY FAIR FIELD TRIP

10AM | THURS, 7 AUGUST

We will visit the county fair and have lunch!
Be prepared to do some walking!

The fair is free to enter-just bring lunch money!
rsvp w/ front desk | \$2 bus fee



AUGUST FIELD TRIPS

- Cache County Fair w/ lunch | Thurs, 7th @ 10:00am (\$2)
- Mantua Lake Hike | Thurs, 14th @ 8:30am (\$5)
- Lunch Bunch: Habibi Mediterrenean | Thurs, 21st
 11:15am (\$2)
- Stokes Nature Center Walk and Art | Thurs, 28th @ 9am (\$2)

Please RSVP w/ front desk to save your spot!



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How to Become a Successful Caregiver

How to Become a Successful Caregiver

Susan Stiles Healthy Aging Expert, Former Senior Director, Healthy Aging Innovations at **NCOA**

Becoming a caregiver marks a significant transition in your life and often comes with a mix of emotions, challenges, and unexpected occurrences. How you cope with this new role will vary widely based on your personality, circumstances, support systems, and past experiences.

You may have grown up in a multi-generational household and experienced caregiving firsthand. Your job may be in the caregiving field and you may already know some basics of how to seek services and provide comfort to an individual. Or, you may be brand new to caregiving.

How do I become a successful caregiver, and what is a caregiving strategy?

With so many things to juggle and such a complex, winding road ahead of you, it makes sense to create a roadmap, or what we call a caregiving strategy. Creating a successful caregiving strategy is essentially building a roadmap that helps you identify both your challenges and various solutions to your challenges.

Your caregiving strategy should have three essential components that will be familiar to you if you have done a goal-setting exercise before:

- Know where you are now
- Describe where you want to go
- Identify direct and alternate routes to get there

Knowing where you are now involves honest selfreflection of your current caregiving situation, your loved one's condition, and your own health. In addition, you'll want to think about your own caregiving experience and assess your skill levels in various domains. Take your time in this assessment period. Identifying a full list of current

joys and burdens is often helpful, too. And critical to any caregiving success is creating your own, personal Caregiver Bill of Rights. This Bill of Rights establishes your needs as paramount to being the best caregiver you can be.

Describing where you want to go means setting goals for yourself both as a caregiver and as a person. You'll also want to set up goals for your loved one. In this piece of your caregiving strategy, you will likely want to get help from health care and other professionals as to what type of reasonable goals you can set.

Identifying direct and alternate routes is the last step. You'll want to list what you currently know as viable solutions. For example, if your health care team has already set you up with a care assistant for part of each day, you can note that. You'll also want to list alternate routes for various what-if scenarios. If the care assistant has to cancel at the last minute, what is the back-up plan? Another thing to consider is planning what to do to prepare for emergencies and likely scenarios that could occur with you or your loved one. Do you have all contact information and medical records including medication lists—at your fingertips?



Volunteering

THE CACHE COUNTY SENIOR CENTER NEEDS YOUR HELP

We are looking for an ongoing volunteer instructor for both chair and dance fitness classes!

Call 435-755-1720 if interested





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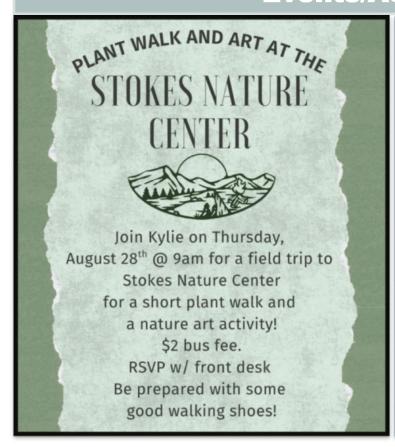
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Photo of the Month



This month we had a fun night with our showing of WICKED. Our Movie night brought many smiling faces enjoying this fun musical!

Events/Activities





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CONTACT ME Jay Schwartz

jschwartz@4LPi.com

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80s Movies

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AIRPLANE **AMADEUS** BATMAN BIG **BODY HEAT** COCOON DAS BOOT DIE HARD DINER FRANCES

GANDHI GLORY **GOONIES GREMLINS PLATOON PREDATOR RAIN MAN** RAN REDS SCARFACE

SILKWOOD SPLASH **STRIPES TAPS** TOOTSIE **TOP GUN** TRON WARGAMES WITNESS YENTL

WHAT DID THE BUFFALO SAY TO HIS SON WHEN HE LEFT FOR COLLEGE?

