

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.



SEPTEMBER 2025

CACHE COUNTY SENIOR CENTER

NEWSLETTER



Dear Valued Patron,

At the Senior Center, your health and well-being are our top priorities. To ensure the safety of all our patrons, I would like to share a few important points.

We kindly request that all meals provided at the center be consumed while at the Senior Center. Our program is designed to provide one nutritionally balanced meal per day. We receive funding through the Older Americans Act which dictates that we must comply with the most recent Dietary Guidelines. The requirement states that the purpose is to: reduce hunger, food insecurity and malnutrition of older adults promote socialization of older individuals, promote health and well-being of older people by assisting them in gaining access to nutrition and other disease prevention and health promotion services, and to delay the onset of adverse health conditions resulting from poor nutritional health or sedentary behavior.

Meals are to comply with the most recent Dietary Guidelines for Americans; meals are to provide nutrients to meet the Dietary Reference Intakes as follows: a minimum of 33 1/3 percent of the DRIs for one meal per day.

Meal service is to meet state and local public health codes for safe and sanitary foodservice. Most state public health departments use the Model Code from the Food and Drug Administration.

If meals are consistently saved instead of consumed, they may not serve their intended purpose of helping maintain your health. Any uneaten portions should be discarded and not taken home. This suggestion is in place to adhere to food safety guidelines and to prevent the risk of foodborne illnesses.

Why This Policy Is Important:

Missing meals—or not consuming enough calories and nutrients—can significantly raise the risk of malnutrition,

especially for older adults. Research shows that inadequate intake leads to weight loss, muscle decline (sarcopenia), and weaker physical function.

Perishable foods, such as meats, dairy products, and cooked dishes, can become unsafe if not stored properly. Bacteria that cause foodborne illnesses can multiply rapidly when food is kept at temperatures between 40°F and 140°F, a range often referred to as the "danger zone". Consuming food that has been left out or improperly stored can lead to serious health issues, especially for older adults.

Even refrigeration does not completely halt bacterial growth. Some bacteria, such as *Listeria monocytogenes*, can continue to grow at refrigerator temperatures. Therefore, it's crucial to consume prepared foods promptly and avoid storing leftovers unless they have been properly cooled and refrigerated within two hours of preparation.

Our Commitment:

By following these guidelines, we aim to provide a safe dining environment for all our patrons. We appreciate your understanding and cooperation in helping us maintain high food safety standards.

Your health and comfort are our priority. If you have reasons to save your meal for dinner, please let me know. Let's work together to help you. There are resources that we can connect you with. If your situation changes, or if you'd like to revisit your delivery plan if you are on Meals on Wheels, we'd be glad to carry out a reassessment and make changes that better suit your needs.

Warm regards,
Giselle Madrid
Senior Center Director

Fall Recipes: Easy Butternut Squash Soup



Ingredients

2 tablespoons extra-virgin olive oil

1 large yellow onion, chopped

½ teaspoon sea salt

1 (3-pound) butternut squash, peeled, seeded, and cubed

3 garlic cloves, chopped

1 tablespoon chopped fresh sage

½ tablespoon minced fresh rosemary

1 teaspoon grated fresh ginger

3 to 4 cups vegetable broth

Freshly ground black pepper

Instructions

Heat the oil in a large pot over medium heat. Add the onion, salt, and several grinds of fresh pepper and sauté until soft, 5 to 8 minutes. Add the squash and cook until it begins to soften, stirring occasionally, for 8 to 10 minutes.

Add the garlic, sage, rosemary, and ginger. Stir and cook 30 seconds to 1 minute, until fragrant, then add 3 cups of the broth. Bring to a boil, cover, and reduce heat to a simmer. Cook until the squash is tender, 20 to 30 minutes.

Let cool slightly and pour the soup into a blender, working in batches if necessary, and blend until smooth. If your soup is too thick, add up to 1 cup more broth and blend. Season to taste and serve with parsley, pepitas, and crusty bread.

<https://www.loveandlemons.com/fall-recipes/#wprm-recipe-container-51313>

Thank You for Your Generous Donations!



Your Contributions Make a Difference in Our Senior Center Community

We are incredibly grateful for your donations. We have been hard at work in our gift shop, and your donations have been incredibly helpful. 100 % of proceeds from the gift shop go directly to the Senior Center!

**You meet your
15-year-old self, but
you can only tell
them 3 to 5 words.
What do you say?**



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!

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sarah.valent@cachecounty.gov

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Cache County Senior Center, Logan, UT

A 4C 05-1038

Medicare

Dear Marci,

I turn 65 soon. I can't decide whether to sign up for Original Medicare or Medicare Advantage. What's the difference?

Henry (Hartford, CT)

Dear Henry,

Great question! Choosing between Original Medicare and Medicare Advantage is an important step in planning your healthcare coverage. I'd like to help you make an informed choice. Here's a clear breakdown of both options and the key differences between them. It should help you decide which option best fits your needs.

Original Medicare is the traditional program offered directly through the federal government. **Medicare Advantage** plans are private plans that contract with the federal government to provide Medicare benefits.

Key differences between Original Medicare and Medicare Advantage:

- **Costs**

Original Medicare

- ✦ You will owe Part A and Part B costs, including the monthly Part B premium.

- ✦ You will owe a 20% coinsurance for Medicare-covered services if you see a participating provider and after meeting your deductible.

- ✦ **Medicare Advantage**

- ✦ Your cost-sharing will vary depending on plan. You will usually pay a copayment for in-network care.

- ✦ Plans might charge a monthly premium in addition to the Part B premium.

- ✦ **Supplemental insurance**

Original Medicare

You have the choice to pay an extra premium for a **Medigap policy** to cover Medicare cost-sharing.

- ✦ **Medicare Advantage**

- ✦ You can't purchase a Medigap policy.

- ✦ **Provider access**

Original Medicare

You can see any provider and use any facility that accepts Medicare (participating and non-participating).

- ✦ **Medicare Advantage**

- ✦ You typically can only see in-network providers.

- ✦ **Referrals**

Original Medicare

- ✦ You don't need referrals for specialists.

- ✦ **Medicare Advantage**

- ✦ You typically need referrals for specialists.

- ✦ **Drug coverage**

Original Medicare

You have to sign up for a stand-alone prescription drug plan.

- ✦ **Medicare Advantage**

- ✦ In most cases, your plan will provide prescription drug coverage. You may be required to pay a higher premium.

- ✦ **Other benefits**

Original Medicare

- ✦ Does not cover vision, hearing, or dental services.

- ✦ **Medicare Advantage**

- ✦ May cover additional services, including vision, hearing, and/or dental. Additional benefits may increase your premium and/or other out-of-pocket costs.

- ✦ **Out-of-pocket limit**

Original Medicare

- ✦ No out-of-pocket limit.

- ✦ **Medicare Advantage**

Annual out-of-pocket limit. Your plan will pay the full cost of your care after you reach the limit.

You might sign up for Original Medicare and later decide you would like to try a Medicare Advantage Plan—or vice versa. Be aware that there are only certain **enrollment periods** when you are allowed to make changes.

Keep in mind that different areas have different Medicare Advantage Plans. A particular plan may not be available where you live. Call 1-800-MEDICARE (633-4227) or your State Health Insurance Assistance Program (SHIP) to find out about plans available in your area.

Hope this helps!

-Marci

THE CACHE COUNTY SENIOR CENTER NEEDS YOUR HELP
We are looking for an ongoing volunteer instructor for a both
chair and dance fitness classes!

Call 435-755-1720 if interested



**SUPPORT THE
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that Support our
Community!



September 2025

Monday	Tuesday	Wednesday
1 	2 11:00 Mind Fitness 11:30 Cranium Crunchers 1:00 Movie: Sweet Home Alabama	3 11:00 Origami 1:00 Kitting Group 1:00 Golden Age of Hollywood Trivia 
8 10:00 Journaling 11:00 Bingo 12:30 L&L Nutrition w/ Jenna 12:45 Jeopardy 1:00 Cooking demo w/ Jenna 1:00 Coloring Group	9 10:30 Cooking Class: Cooking on a Budget w/ Janet Huff 11:00 Mind Fitness 11:30 Cranium Crunchers 1:00 Movie: Knives Out	10 11:00 Craft 'n' Chit Chat: Apple Print Tea Towels (\$2) 1:00 Symmetry Art
15 10:00 Journaling 11:00 Loteria 12:30 Jeopardy 1:00 Coloring Group	16 11:00 Mind Fitness 11:30 Cranium Crunchers 12:45-3:00 Commodities 1:00 Movie: Little Women 1:15 Jewelry Making: Acorn Marble Necklace (\$2)	17 11:00 Origami 1:00 Art History: Hispanic Artists 1:00 Thriving w/Hearing Loss
22 10:00 Journaling 11:00 Music Bingo: Classic Country 12:30 Jeopardy 1:00 Coloring Group	23 11:00 Mind Fitness 11:30 Cranium Crunchers 1:00 Movie: La Bamba	24 11:00 Craft: Piñatas (\$3) 1:00 Happiness Jars (\$1) 1:00 Thriving w/Hearing Loss 2:15 Book Club: Frontier Grit
29 10:00 Journaling 11:00 Bingo 12:30 Jeopardy 1:00 Coloring Group	30 11:00 Mind Fitness 11:30 Cranium Crunchers 1:00 Movie: Cesar Chavez	

September 2025

Thursday	Friday
4 10:45 Out to Lunch Bunch: Maddox (\$10) 11:15 Card Making w/Brenda 1:30 Ping Pong	5 9:00 Senior Swans Ballet Class 11:00 Wii Games 12:30 L&L: Utah State Dietitian
11 8:30 State Fair Field Trip (\$25) 1:00 TED: Can Art Change the World? JR 1:30 Ping Pong NO BINGO SIZE TODAY	12 9:00 Senior Swans Ballet Class 1:00 Paint 'n' Sip Fall Scene (\$5) 11:00 Blood Pressure
18 10:00 Hike: Benson Railroad Bridge Trail (\$2) 1:00 TED: Do You Talk to Yourself? Ethan Kross 1:30 Ping Pong	19 9:00 Senior Swans Ballet Class 11:00 Tastes of Latin America (\$1)
25 10:00 Fall Foliage Field Trip (\$10) 1:00 TED: My identity is a superpower—not an obstacle America Ferrera 1:30 Ping Pong	26 9:00 Senior Swans Ballet Class 11:00 Wii Games 11:00 Blood Pressure 1:00 Sun Print Art-Cyanotype (\$3)



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

8:30 Ceramics

10:15 Tai Chi

10:30 Writers Group

1:00 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 Chinese Mahjong

Thursday

8:30 Ceramics

10:00 Bingocize

10:30 Sit & Be Fit w/ Darrell

11:00 Poker

1:00 Mahjong

Friday

10:00 Painting

10:30 Sewing

11:00 Mindfulness Group

11:00 Board/Card Games

1:00 Tai Chi

Fraud



Genetic testing scams are a rapidly growing fraud trend throughout the country. Scammers are offering Medicare beneficiaries cheek swabs for genetic testing to obtain their Medicare information for fraudulent billing purposes or possibly medical identity theft.

Genetic testing fraud occurs when Medicare is billed for a test or screening that was not medically necessary and/or was not ordered by a beneficiary's treating physician. Here are several ways genetic testing is advertised:

- Cancer screening/test - DNA screening/test
- Hereditary cancer screening/test - Dementia screening/test
- Pharmacogenetics (medication metabolism) - Parkinson's screening/test

Report potential genetic testing fraud, errors, or abuse if:

- A company offers you "free" or "at no cost to you" testing without a treating physician's order and then bills Medicare.
- A company uses "telemedicine" to offer testing to you over the phone and arranges for an unrelated physician or "teledoc" to order the test
- You see on your Medicare Summary Notice (MSN) or Explanation of Benefits (EOB):
- Charges (usually thousands of dollars) for a broad range of genetic tests that you did not request or possibly even receive
- Charges for pharmacogenomic tests (to determine how you metabolize drugs) for drugs that do not apply to you
- A company requests your Medicare number (or possibly driver's license) at health fairs, senior centers, assisted living facilities, malls, farmers markets, parking lots outside retail stores, home shows, or church-sponsored wellness events.

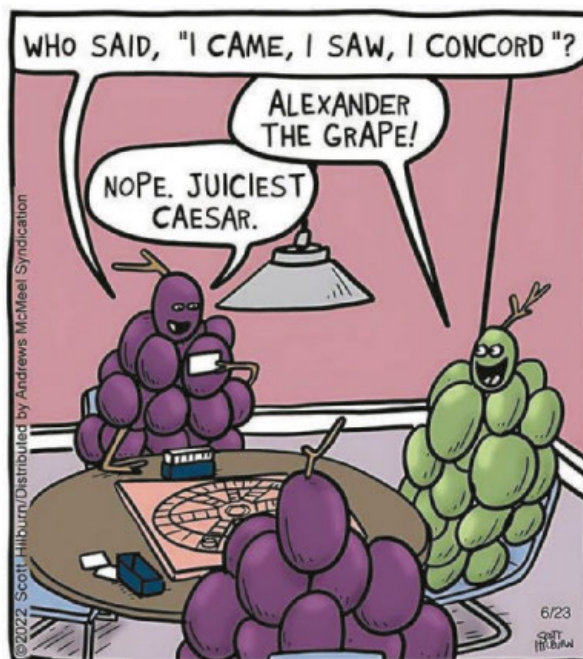
Cardiovascular Genetic Testing Fraud

Cardiovascular genetic testing fraud occurs when Medicare is billed for a cardio type of test or screening that was not medically necessary and/or was not ordered by a beneficiary's treating physician. Here are several ways cardiovascular genetic testing is advertised:

- Cardio/cardiac genetic screening/test
- Cardiovascular genetic screening/test
- Comprehensive cardiovascular panel
- Comprehensive cardiomyopathy NSG
- Cardiovascular disease genetic kit
- Hereditary cardiovascular profile

Report potential cardiovascular genetic testing fraud, errors, or abuse if:

- A company offers you "free" or "at no cost to you" testing without a treating physician's order and then bills Medicare.
- A company uses "telemedicine" to offer testing to you over the phone and arranges for an unrelated physician or "teledoc" to order the tests.
- Medicare is billed (usually thousands of dollars) for a broad range of cardiac genetic tests that you did not request or possibly even receive.
- A company calls you stating your doctor or cardiologist requested that you have the testing done and they will send you a testing kit.



Field Trips

FALL FOLIAGE FIELD TRIP

THURS., SEPT. 25TH @ 10AM

RSVP W/ FRONT DESK. \$10 FEE

WE WILL TAKE A DRIVE UP
HARDWARE CANYON, THEN
HAVE LUNCH AT PIZZA PLUS

Utah State Fair

Sept | **11** | 2025

Join us at 8:30am to head to Salt Lake to the State Fair! We will also be eating lunch at the fair. Be ready for walking. RSVP @ the front desk to go!

\$25 bus fee | \$10 entry fee



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September

Monday	Tuesday	Wednesday	Thursday	Friday
1 	2 Chicken Alfredo with Pasta Steamed Broccoli Oranges *vegetarian option	3 Ham Au Gratin Potatoes Green Beans Mixed Berries 	4 Turkey Sandwich Carrot Raisin Salad Mixed Melon *vegetarian option	5 Roasted BBQ Chicken Mac & Cheese Caribbean Veggies Mixed Fruit Apple Crisp
8 Loaded Baked Potato Soup House Salad Tropical Fruit *gluten sensitive *vegetarian option	9 Hot Open Faced Turkey Sandwich Mashed Potatoes & Gravy Peas & Carrots Pears	10 Chef's Choice 	11 Sweet Pork Salad Apples Cookie *gluten sensitive *vegetarian option	12 Baked Salmon w/Couscous Roasted Vegetables Grape Salad
15 Hot Dog Baked Beans Broccoli Salad Peaches *vegetarian option	16 Club Sandwich 3 Bean Salad 5 Cup Fruit Salad Chips *vegetarian Option	17 Beef Tips and Gravy Mashed Potatoes Creamed Peas Grapes Wheat Roll	18 Turkey Noodle Bake Roasted Vegetables Mixed Fruit *vegetarian option	19 Beef Enchilada Casserole Peas & Carrots Oranges *vegetarian option
22 Beef Stroganoff Buttered Noodles Cascade Veggies Fruit Cocktail *vegetarian option	23 Chicken Wild Rice Soup Caesar Salad Fruit *gluten sensitive	24 Orange Chicken Jasmine Rice Vegetable Blend Oranges *gluten sensitive *vegetarian option	25 Chef's Choice 	26 Swedish Meatballs Mashed Potatoes Sautéed Zucchini Mixed Fruit
29 Chili Corn Bread Green Beans Fruit *vegetarian option	30 Meat Loaf Scalloped Potatoes Glazed Carrots Fruit	*vegetarian options are available upon request please let front window at least the day before.	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. The full cost of the meal is \$12.00 for those under age 60. Please pay at the front desk to receive your meal.	

Hispanic Heritage Month Activities

TASTES OF LATIN AMERICA

Join us in celebrating
HISPANIC HERITAGE MONTH
by tasting foods from: Mexico,
Puerto Rico, Peru, Nicaragua,
Ecuador and More!

Friday, Sept 19 @ 11:00
in the Library
\$1.00- RSVP @ FRONT DESK

Pinata Making

Wed., 24th of September
starts at 11:00am

Located in the
cafeteria
\$3 craft fee

RSVP AT
THE FRONT
DESK

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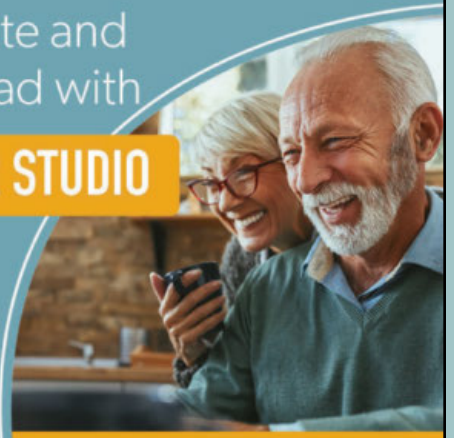
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Cache County Senior Center, Logan, UT

D 4C 05-1038

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

Living Well with Hearing Loss

Get back into conversations!

Every Wednesday
September 17 to October 15, 2025
1:00 p.m.

At the
The Cache County Senior Center

Learn how to handle those misunderstandings. Strengthen relationships when hearing loss is a factor – yours and theirs.

During this course, we will cover the following:

- Statistics, myths and goals
- Common barriers for those with hearing loss
- Changing communication habits for those hard of hearing and hearing
- Guidelines for the speaker and the listener



Adjusting to life with hearing loss can be easier when you are equipped with strategies and knowledge.

This is a six week class for anyone interested in improving relationships when hearing loss is involved.

For more information, contact Janice Roberts
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.



Field Trips

OUT TO LUNCH BUNCH

MADDOX

WE ARE GOING TO MADDOX
DURING PEACH DAYS SO WE
CAN ENJOY SOME PEACH PIE!

THURS., SEPT. 4TH @ 10:45AM

RSVP @ THE FRONT DESK | \$10 RIDE
FEE

Benson Railroad Bridge Trail Hike



Enjoy our last hike of the year
on Thurs., Sept. 18th at 10am.
RSVP at the front desk
There is a \$2 ride fee

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Cache County Senior Center, Logan, UT

E 4C 05-1038

Photo of the Month



**This month we had a time with our first production Hansen Gretel.
A Big Thank You to USU Theater Dept. for this amazing
experience. We loved the show and good job to all the participants!**

Activities

September Activities

WED. 3RD @ 1PM
GOLDEN AGE OF
HOLLYWOOD TRIVIA



WED. 10TH @ 1PM
SYMMETRY ART



WED. 24TH @ 1PM
HAPPINESS JARS (\$1)



These activities are free to join,
no RSVP required!
Just meet in the cafeteria!

LEARN HOW TO MAKE Cyanotype Art Prints

Friday, September 26th at 1pm.
Learn how to make sun prints
with various plants and
leaves. Bring your own plants
to use if you can!
RSVP at the front desk.
There is a \$3 fee to create.

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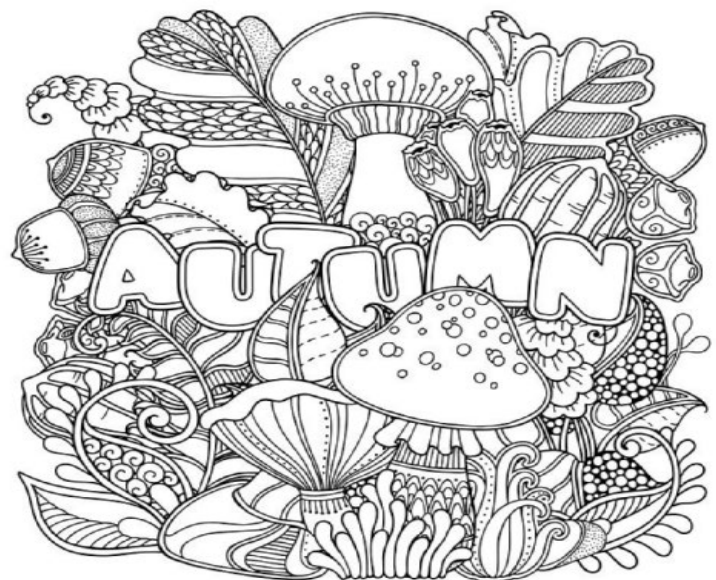
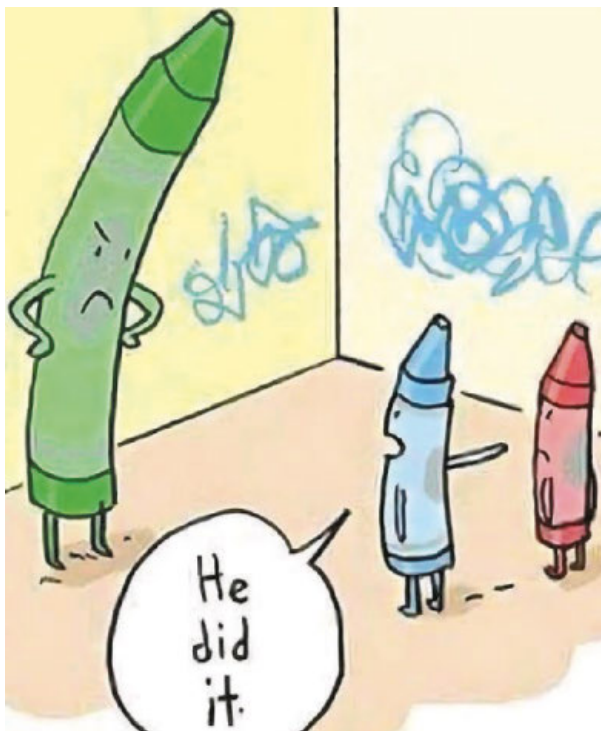
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Cache County Senior Center, Logan, UT

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