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MARCH 2026



UPCOMING EVENTS

Join us for some fun parties this month including:

St Patrick's Day w/ USU Scotsman Pipe & Drum Corp & a SPRING DANCE!



New classes to check out include a Ceramics Painting Techniques class (4 weeks starting Tuesday, March 10), and a Diabetes Support Group.

Events you must

RSVP

- 3/4 Craft \$3
- 3/6 Sewing \$10 (for the month)
- 3/10 Ceramics Techniques \$10 (for the month)
- 3/11 Craft n Chit Chat \$4
- 3/12 Cooking Class \$2
- 3/18 Paint n Sip \$5
- 3/19 Out to Lunch Bunch \$2
- 3/25 Field Trip \$2



Hello friends!

We hope you are looking forward

to the warmer air and enjoying the beauty of Cache County as Spring begins to bloom, with fresh mountain air and scenic views all around us.

We are excited to welcome Callie & Susan! Callie is the new coordinator in the Meals on Wheels office, and Susan is new to our kitchen. We are thrilled to have them both on our team.

There are many fun and engaging events happening at the center this month, so be sure to check the calendar and join us!

Looking ahead, next month we will celebrate and appreciate our wonderful volunteers. If you have not figured it out from the Facebook hints, volunteer appreciation week is next month, and the event theme is The Roaring Twenties. A heartfelt thank you to everyone who has served and continues to serve our center; you truly make a difference. We will be sending out a save-the-date, so please keep an eye out for more details.

Starting March 2nd, we're making a small change to help everyone get through the lunch line a little faster. Each day that you have lunch with us, please check in at the front desk when you arrive. We'll give you a green ticket to take to the cafeteria.

When you arrive at the lunch counter hand it to our staff when you pick up your lunch. If you happen to come directly to the cafeteria window without a ticket, no problem! Our team will simply ask you to pop over to the front office, where Ana will be happy to assist you in getting one. This new system means we can spend less time checking names and more time helping you enjoy your meal. Thanks for helping us make the lunch service smoother for everyone!

We hope that you are enjoying the meals that the kitchen prepares. They are nutritious and delicious! Starting in March we will have vegetarian and gluten free meals offered daily. Be sure to let the front desk know if you are requesting these meals. Please remember to sign in for lunch in the kiosk. We need your help in this because we gather the data and report the number of attendees to the State monthly.

A friendly reminder of our Activity Refund Policy: Credits are provided for missed classes and no-shows. For classes canceled by the Senior Center, a refund or credit will be available.

We look forward to seeing you at the center this Spring!

*Giselle Madrid,
Senior Center Director*

LEMON BLUEBERRY CHEESE DANISH

Make this lemon blueberry cheese danish for brunch! This super easy dish is incredibly delicious, made with flakey puff pastry, a lemon cream cheese filling and blueberry preserves. It's the perfect treat for your breakfast.

INGREDIENTS:

- 1 sheet puff pastry, thawed if frozen
- 4 ounces cream cheese, softened
- 2 tablespoons fresh lemon zest
- $\frac{3}{4}$ cup powdered sugar
- $\frac{1}{3}$ cup blueberry preserves or jam, or any flavor you enjoy!
- 1 egg + 1 teaspoon water, beaten together for egg wash

Lemon Glaze

- 1 lemon, zest freshly grated
- 1 $\frac{1}{2}$ cups powdered sugar
- 2 tablespoons fresh lemon juice

INSTRUCTIONS:

- As a note, I like to use puff pastry that comes in one full sheet, such as wewalka or jus rol. If you buy one that is perforated, I suggest rolling it out a bit with a rolling pin so it's one long sheet.
- Place a sheet of parchment paper on a baking sheet.
- Slice the puff pastry in half lengthwise. Keep one piece on the parchment paper.
- Beat together the cream cheese, lemon zest and sugar until creamy and smooth. I use a hand mixer. Spread the cheese mixture in the center of the one slice of puff pastry, leaving a border around the edges.
- Spoon the blueberry jam over top of the cream cheese mixture.
- Use the egg wash to brush the border of the puff pastry. Place the other slice of puff pastry on top, pressing down the edges to seal. Refrigerate for 20 to 30 minutes. This helps the cream cheese firm up.
- Preheat the oven to 425 degrees F.
- Brush the entire puff pastry with the egg wash. Slice a few slits in the top to let steam escape.
- Bake for 20 to 25 minutes, until golden and puffed. Remove and let cool slightly before glazing and topping with powdered sugar.

Lemon Glaze

- Whisk together the lemon zest, juice and powdered sugar. If the mixture is still too thick, drizzle in a little bit more lemon juice or even milk 1 teaspoon at a time. Drizzle over the pastry.



https://www.howsweeteats.com/wprm_print/lemon-blueberry-cheese-danish

Resources

Transportation Vouchers

Clients can be reimbursed for travel costs to doctor appointments, 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 are eligible for this program that can reimburse friends and family for taking you to your doctor's appointments. 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. The BRAG office now has several days available to meet with clients. 435-713-1467

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. The BRAG office now has several days available to meet with clients. 435-713-1467

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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10 Nutrition Myths, Debunked

Find out the truth about fat, salt, carbs and detox diets

When it comes to eating healthy, one of the biggest barriers is a flood of unreliable information.

Conflicting headlines, fad diets and misinformation make it difficult to sort out what's really good for you and what's harmful. Creating more uncertainty: manufacturers that slap misleading food labels on their products, and social media influencers with no nutrition expertise who tout specific eating habits or diets.

Here are 10 of the most common nutrition myths and the truth about each.

1. Myth: All fat is bad

Fat got a bad rap in the '90s, when low-fat diets were all the rage, and many Americans are still confused about the role of fat in a healthy diet.

We now know that all fats aren't created equal, says Teresa Fung, a nutritional epidemiologist and professor of nutrition at Simmons University in Boston.

Animal fats, which are more saturated, are linked to cardiovascular disease. But the healthier monounsaturated and polyunsaturated fats found in fish, avocados, olives and olive oil, eggs, nuts and seeds can lower your risk of cardiovascular disease and death.

Although all types of fats are high in calories, fats “stay in the stomach longer,” Fung says, “so you are satisfied for longer and you don't reach for a snack as quickly.”



2. Myth: The best way to cut sodium is to put aside the salt shaker

The vast majority of Americans consume too much salt, and if you have high blood pressure, slashing your sodium intake could be a matter of life and death.

But because most of our sodium in the United States comes from prepared foods, just avoiding the salt shaker at dinner isn't going to make a big difference, Fung says.

Breads, salad dressings, pasta sauces, canned beans, cheese, and many processed foods and packaged snacks are loaded with sodium, she says. Even boneless, skinless chicken breasts can be injected with a brine that raises sodium levels. Restaurant food is also filled with salt, with some packing the amount of sodium you should have in a day into just one meal, according to a study in the [Canadian Journal of Public Health](#).

Fung recommends cooking at home as often as possible, comparing labels and choosing low-sodium versions of packaged and prepared foods.

Continued on page 8



10 Tips for Alzheimer's Caregivers

- Seek support from other caregivers. You are not alone!
- Take care of your own health so that you can be strong enough to take care of your loved one.
- Accept offers of help and suggest specific things people can do to help you.
- Learn how to communicate effectively with doctors.
- Caregiving is hard work so take respite breaks often.
- Watch out for signs of depression and don't delay getting professional help when you need it.
- Be open to new technologies that can help you care for your loved one.
- Organize medical information so it's up to date and easy to find.
- Make sure legal documents are in order.
- Give yourself credit for doing the best you can in one of the toughest jobs there is!



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March 2026

Monday	Tuesday	Wednesday
<p>2 10:00 Journaling 11:00 Bingo 11:00 American Sign Language 12:30 Jeopardy 1:00 Coloring</p>	<p>3 11:00 Good Grief Support Group 11:00 Mind Fitness 11:00 Learn about Puirm w/Gail 11:30 Cranium Crunchers 1:00 Movie: Going in Style</p>	<p>4 11:00 Craft: St. Patty's Split Pea Sign (\$3) 1:00 Knitting Group</p> 
<p>9 Daylight Savings Time 10:00 Journaling 11:00 Music Bingo: Rolling Stones 11:00 American Sign Language 12:30 Jeopardy 1:00 Coloring</p>	<p>10 10:00 Ceramic Painting Techniques (\$10 goes for 4 weeks) 11:00 Mind Fitness 11:30 Cranium Crunchers 12:30: L&L Stokes Nature Center 1:00 Movie: Loving You</p>	<p>11 11:00 Craft 'n' Chit Chat: Leprechaun Treasure Chest (\$4)</p>
<p>16 10:00 Journaling 11:00 St. Patty's Bingo 11:00 American Sign Language 12:30 Jeopardy 1:00 Coloring</p>	<p>17 St. Patrick's Day 11:00 St. Patty's Party feat. USU Scotsmen Pipe and Drum Corps 12:45-3:00 Commodities 1:00 Movie: Philomena</p> 	<p>18 11:00 Origami 12:30 Medicare Minute w/BRAGG 1:00 Paint 'n' Sip (\$5)</p>
<p>23 10:00 Journaling 11:00 Bingo 11:00 American Sign Language 12:10 Nutrition w/Jenna 12:30 Jeopardy 1:00 Coloring 1:00 Diabetes Support Group</p>	<p>24 11:00 Mind Fitness 11:30 Cranium Crunchers 1:00 Movie: Brooklyn</p>	<p>25 10:45 Field Trip: The Brothers Grimm Haus @ USU (\$2) 2:15 Book Club: The Goose Girl</p>
<p>30 10:00 Journaling 11:00 Bingo 12:30 Jeopardy 1:00 Coloring</p> 	<p>31 11:00 Mind Fitness 11:30 Cranium Crunchers 1:00 Movie: Blink</p>	<p>Activity Refund Policy: Credits are provided for missed classes and no-shows. For classes canceled by the Senior Center, a refund or credit will be available.</p>

March 2026

Thursday	Friday
5 11:15 Card-making w/Brenda 1:00 TED: Teeth are a Gateway to your Well-Being 1:30 Ping Pong	6 9:00 Senior Swans Ballet 10:00 Sewing (\$10) 11:00 Wii Bowling
12 11:00 Cooking: Cranberry Turkey Pinwheels (\$2) 1:30 Ping Pong 	13 9:00 Senior Swans Ballet 10:00 Sewing 11:00 Wii Bowling 11:00 Blood Pressure
19 12-4 AARP Smart Driver 11:15 Out to Lunch Bunch: La Chispita (\$2) 1:30 Ping Pong	20 9:00 Senior Swans Ballet 10:00 Sewing 11:00 Wii Bowling 2:15 Mindfulness recongizing National Day of Happiness!
26 11:00 Poker Tournament 1:00 TED: Tolkien: Discovering his Legacy 1:30 Ping Pong 5:30-6:30 SPRING FLING DANCE!	27 9:00 Senior Swans Ballet 10:00 Sewing 11:00 Wii Bowling 11:00 Blood Pressure
	AARP Smart Driver Course Refresh your driving skills and get a discount on insurace! Cost \$20-25 Call to registrar: Kent Haddock 435-890-5901

Daily Activities

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

Monday
10:00 Bread & Jam Band
10:00 Poker
11:00 Ukulele Class
11:00 Bingo
12:30 Jeopardy
1:00 Coloring Group
1:00 Game: Hand & Foot
1:00 Tai Chi

Tuesday
8:00 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
8:00 Ceramics
10:00 Bingocize
10:30 Sit & Be Fit w/ Darrell
11:00 Poker
1:00 Mahjong

Friday
10:00 Painting
10:00 Sewing
11:00 Board/Card Games
1:00 Tai Chi
2:15 Mindfulness Group

10 Nutrition Myths, Debunked

Continued from page 4

3. Myth: Foods with “whole grain” or “multigrain” on the label are always healthy

You know that foods made with whole grains are healthier than those with refined flour, but labels can be misleading.

“Made with whole grains” and “multigrain” may sound healthy, Fung says, but often they mean a product contains only a small amount of whole grains, while the rest is refined.

Fung recommends looking for products labeled “whole grain” or “whole wheat,” which means they’re made with at least 51 percent whole grain ingredients. Even better, choose one that says “100% whole grain.” You can also look at the ingredient list to make sure a whole grain is listed first.

4. Myth: All sugar and carbs are bad — even in fruit

Sugar-free and low-carb diets like keto and paleo are popular, which might lead you to believe that anything with carbs or sugar is bad for your health. However, there’s a big difference between the natural sugars in fruits and vegetables and the added sugars and refined starches in processed foods, says Dariush Mozaffarian, M.D., a cardiologist, public health scientist and director of the Food is Medicine Institute at Tufts University.

Cutting out added sugars and refined carbs is probably the best thing you can do for weight control, Mozaffarian says.

But don’t stop munching on fruits and vegetables. Not only do they contain vitamins, minerals, fiber and other healthy micronutrients, but studies show that eating more of them is tied to a longer life span and reduces your risk of death from all causes.

5. Myth: Fresh produce is healthier than frozen

Nothing beats picking up fresh raspberries or peas at the farmers market. But if it’s the dead of winter, with no local produce to be found, rest assured that you won’t be missing out on any nutrients if you shop the frozen foods aisle, says Valter Longo, a gerontologist, cell biologist and director of the Longevity Institute at the University of Southern California.

Frozen produce tends to be picked at the peak of ripeness, and studies show that frozen foods have as many vitamins and antioxidants as fresh ones, and in some cases even more. What’s more, the longer you store fresh produce, the more of its nutritional value it loses, research shows.

“Food can oxidize and get contaminated over time,” Longo says. “If you pick berries and freeze some and leave some out, the ones that were frozen might be fresher than the ones that sat around on a bench or in a crate.”

6. Myth: Canola oil is toxic

You might have seen social media posts that claim canola oil, sunflower oil and other seed oils are toxic, but science doesn’t back that up, Mozaffarian says. “There is very clear evidence for them being beneficial,” he says.

Canola oil is very low in saturated fat and is high in healthy monounsaturated fats, omega-3s and phytosterols, which are known to reduce the absorption of cholesterol in the body. A 2020 review published in the journal *Nutrition, Metabolism & Cardiovascular Diseases* found that canola oil lowered cholesterol and improved cardiovascular risk factors.

Other seed oils, including soybean oil and sunflower oil, are also healthy options, Mozaffarian says. Of course olive oil is known for having heart benefits and may even lower risk of early death.

Continued on page 12

EVENTS

The Brothers Grimm Haus of North America

Join us for an enchanting event with free food, immersive fairy-tale stations, a treasure hunt, and epic raffle prizes. The event is Wednesday, March 25th from 11am to 1pm, we will leave the center at 10:45am. RSVP @ the front desk \$2 ride fee

*Free food
Raffle prizes
Fairy tales
Folklore*



Spring Fling DANCE

THURSDAY | MARCH 26 | 5:30-6:30

Punch and snack provided!

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March Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Beef Stroganoff with Noodles Cascade Veggies Apple Salad	3 Butter Chicken Basmati Rice Roasted Cauliflower Tropical Fruit Naan Bread	4 Tortellini Soup House Salad Melon Salad Breadstick	5 Club Sandwich 3 Bean Salad Grapes	6 Ham Au Gratin Potatoes Green Beans Pineapple Apple Crisp
9 Tuna Noodle Casserole Garden Vegetables Wheat Roll Melon	10 Blueberry & Cream Cheese French Toast Casserole Scrambled Eggs V8 Oranges	11 Loaded Baked Potato with Ground Beef Gravy Buttered Peas Spiced Pears	12 Chef's Choice	13 Beef Taco Salad w/Cilantro Ranch Fruit Salad
16 Chicken Salad Sandwich Greek Cucumber Salad Pineapple	17 Corned Beef & Cabbage Red Potatoes Grape Salad Dessert	18 Cajun Chicken Pasta Buttered Peas 5 Cup Fruit Salad	19 Sausage & Lentil Soup Chef Salad Mixed Berries Crackers	20 Hot Open Faced Turkey Sandwich Mashed Potatoes & Turkey Gravy Peas & Carrots Tropical Fruit
23 Pot Roast Mashed Potatoes with Beef Gravy Buttered Peas Mixed Fruit Wheat Roll	24 Chef's Choice	25 Hot Dog Baked Beans Broccoli Salad Fruit Salad	26 Chicken Stuffing Bake Mixed Vegetables Apples	27 Chicken Wild Rice Soup Caesar Salad Mixed Fruit Crackers
30 Chili Corn Bread Green Beans Berry Salad	31 Turkey Noodle Bake Sautéed Vegetables Wheat Roll Mixed Fruit	<p>We're happy to accommodate vegetarian or gluten-free meals! Just let the front desk know at least one day in advance so our kitchen can prepare it for you.</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. 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*****

Tax Preparation Assistance

The Bear River Association of Governments (BRAG) offers assistance to households needing tax preparation through the Volunteer Income Tax Assistance (VITA) program. If you earned less than \$69,000 in 2025, you may be eligible for help with filing your taxes.

435-713-1434

VITA Sites:

Box Elder County:

Bear River Senior Center

Address: 510 W 1000 N, Tremonton, UT 84337

Brigham City Community Center

Address: 26 E Forest St, Brigham City, UT 84302

Cache County:

Bear River Association of Governments (BRAG)

Address: 170 N Main, Logan, UT 84321

Department of Workforce Services (DWS)

Address: 180 N. 100 W, Logan, UT 84321

USU (Utah State University, Logan Campus)

What to bring to your tax appointment:

- Social security cards for all people listed on the return
- Photo ID for tax filer, including spouse if applicable
- Tax documents (ex: W-2, Forms 1099-R, 1099-MISC, 1095-A, other documents as needed)
- Bank information, including account number and routing number
- Last year's return, if possible
- Birth dates for you, your spouse, and dependents on the tax return

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10 Nutrition Myths, Debunked

Continued from page 8

7. Myth: Gluten-free foods are healthier

Gluten is a protein found in grains including wheat, barley and rye. People with celiac disease must eliminate gluten from their diets to prevent damage to their intestinal tracts and other parts of their bodies. And for those with gluten sensitivity, eliminating gluten can help with symptoms of bloating, diarrhea or abdominal pain, according to Harvard Medical School.

For the rest of us, however, gluten-free does not necessarily mean healthier, Mozaffarian says.

He said he would like to put to rest the idea that any single word or characteristic can define healthier food, whether it's organic, local, natural, vegetarian or gluten-free.

"All of those are terms that have some relevance, but you can't really define a healthy diet by a lack of something," he says. "You can have natural, gluten-free, organic food that is still terrible for you."

8. Myth: Eat six small meals a day instead of three large ones

The idea behind this myth is that eating small, frequent meals could boost your metabolism so you burn more calories.

However, studies show that splitting the same number of calories into six meals rather than three does not help with daily energy expenditure, weight loss or fat loss, Longo says. In addition, University of Colorado researchers found that those who ate smaller, more frequent meals ended up feeling hungrier than their counterparts who ate less often.

A third problem, Longo says, is that "in the real world, if people are told to eat five or six small meals, they are just going to eat more, or eat more of the wrong things."

Longo recommends eating breakfast and then eating one other big meal and a third smaller meal or snack each day.

9. Myth: It's a good idea to do a detox or cleanse

Different detox diets and juice cleanses are popular

on social media, but studies show few benefits and a risk of harm.

A 2014 review study, for example, found no evidence that detox diets eliminate toxins from the body or help with long-term weight loss. Even if you lose weight during a cleanse, a 2017 study in the journal Nutrition and Obesity found that most people actually gain weight when they resume eating normally.

Perhaps more concerning, cleanses can cause serious side effects including gastrointestinal problems, protein and vitamin deficiencies, dehydration, and electrolyte imbalances, according to the National Center for Complementary and Integrative Health.

10. Myth: "Calories in, calories out" is all that matters

It's true that if you burn more energy than you consume, you will probably lose weight, at least in the short term. But for your overall health, "calories in, calories out" is an oversimplified notion that doesn't account for the influence different types of foods have on your overall health, Mozaffarian says.

Two foods with the same number of calories can have different effects on your hormones, gut microbiome and metabolism, he says. A handful of nuts, for instance, will take longer to digest compared to a bag of Cheetos. And newer research shows starchy and sugary foods tend to contribute to visceral fat, which has been linked to heart disease and other conditions, while fatty foods tend to contribute to subcutaneous fat, which is less harmful.

For overall health and weight loss, Mozaffarian recommends choosing nutrient-dense whole foods over processed foods with added sugar and refined carbohydrates.

Michelle Crouch is a contributing writer who has covered health and personal finance for some of the nation's top consumer publications. Her work has appeared in Reader's Digest, Real Simple, Prevention, The Washington Post and The New York Times.

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§ If a caller asks for your Social Security number, bank account number, or credit card information, hang up.

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- live anywhere in the lower 48 states of the US

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Data is protected



Researchers study data



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How do you contact us?



Dr. Tom Perls

Principal Investigator at Boston University

thperls@bu.edu



72 E Concord St, Robinson B-7
Boston, MA 02118



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- § Los estafadores pueden falsificar el número que aparece en su identificador de llamadas. Así que no se deje engañar aún si la llamada parece del Seguro Social o la línea de fraude del Inspector General del Seguro Social.
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Expert

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