

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.



UPCOMING EVENTS

Walking Champions is back! Starting on Wednesday, April 1st at 10am, we will be walking once again!



Events you must RSVP

- 4/8 Craft 'n' Chit Chat Bunny Eggs (\$3)
- 4/9 Baby Animal Days (\$2 plus ticket)
- 4/15 Caregiver Talking Points
- 4/16 Defying Gravity
- 4/16 Lunch Bunch Vessel Kitchen (\$2 or free to walk)
- 4/17 Poetry Reading (free)
- 4/22 Earth Day Craft (\$2)
- 4/23 Cooking Class Crispy Chickpeas (\$2)
- 4/29 Paint 'n' Sip (\$5)
- TBD Stress Busters 101

Happy Spring! As the days grow longer and the flowers begin to bloom, it feels like the perfect time for renewal and celebration here at the center.

This month, National Volunteer Appreciation Week is April 19-25th, and we are filled with gratitude. To every individual who has contributed their time, talent, and energy, thank you! Your dedication does not go unnoticed, and you are the heartbeat of our community.

We are continually amazed by the impact of your service. Just look at the incredible difference you made in 2025:

- Our Meals on Wheels volunteers contributed 6,276 hours, and the 41 volunteers at the senior center contributed 1,607 hours.
- Our dedicated delivery volunteers drove miles & miles to ensure our homebound neighbors stayed nourished, delivering over 41,131 meals to 300 recipients in our Meals on Wheels meal program. In total, for congregate and Meals on Wheels, we served 52,964 meals.

We are thrilled to share that we have grown significantly over the last few years. In 2023, we had just over 1,500 registered patrons. Today, we are proud to have 3,702 registered members! That is a significant increase, and it speaks volumes about the vibrant, welcoming community we are building together.

We've received some feedback regarding our lunch hour, which runs from 12:00 PM to 1:00 PM. We want to take a moment to gently remind everyone that there is plenty of time for all to enjoy a meal, so forming a line is not necessary. However, we completely understand that it's second nature to us to form a line out of habit. With that in mind, we wanted to share a small update to help make the process more comfortable and organized for everyone. To help address this, we've introduced retractable barriers to gently guide the flow. This will not only help prevent cutting through the line but also keep everyone from having to lean against the lunch counter while waiting. You'll also notice numbers on the floor to serve as a helpful visual guide. These small changes are meant to create a more relaxed and respectful space for all. Thank you for your continued kindness and consideration, we're so grateful to share this time with such a wonderful community!

Warm regards,
Giselle Madrid
Senior Center Director



Lemon Raspberry Cupcakes

These cupcakes are fluffy, airy, and sweet. Filled with rich lemon curd and buttercream, they are a sunny, delicate delight.



Ingredients

1 and 1/2 cups (190 grams)
all-purpose flour (spooned
& leveled)

1 and 1/2 teaspoons baking
powder

1/2 teaspoon salt

1/2 cup (115 grams)

unsalted butter , softened

1 cup (200 grams)

granulated sugar

2 large eggs at room
temperature

2 teaspoons vanilla extract

3 tablespoons (45 ml) fresh
lemon juice

2 tablespoons lemon zest
(about 2 medium lemons)

1/2 cup (120 ml) whole milk

1/4 cup (60 grams) sour
cream

For the raspberry buttercream

12 oz raspberries

3/4 cup granulated sugar

3/4 cup unsalted butter
softened

8 oz cream cheese softened

2 cups powdered sugar

2 tsp vanilla extract

To make the lemon cupcakes:

- Preheat the oven to 350°F (177°C). Line two muffin pans with 15 cupcake liners and set aside.
- In a large mixing bowl, mix together the flour, baking powder, and salt. Set aside.
- In the bowl of a stand mixer fitted with the paddle attachment, or in a large mixing bowl using a hand-held mixer, beat the butter and granulated sugar together until light and fluffy. Mix in each egg one at a time, then the vanilla extract, making sure to mix well after each ingredient. Add the lemon juice and lemon zest, mix until well combined, then mix in the milk and sour cream until fully combined.
- Add the dry ingredients to the wet ingredients and mix until just combined, making sure not to overmix the batter. Use a rubber spatula or spoon to turn the batter and make sure everything is well combined.
- Evenly distribute the batter between all 15 cupcake liners, making sure to only fill them a little over halfway full. Bake in batches at 350°F for 18-22 minutes or until a toothpick inserted into the center of the cupcakes comes out clean and the tops spring back when lightly touched.
- Remove from the oven, then carefully remove the cupcakes from the pan and transfer to a wire rack to cool.



[simplyhomecooked.com/
lemon-cupcakes-raspberry-
buttercream](https://www.simplyhomecooked.com/lemon-cupcakes-raspberry-buttercream)

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.

New Classes offered by BRAG Aging Services

Stress Busting 101

This class is a 90 minute, once a week, 9 week series to discover simple techniques to manage everyday stress and feel more in control. Participants will learn quick relaxation tools and habits that can be used anytime.

Must RSVP: 435-713-1462

Caregiver Talking Points

This class features discussion that assists family and other non-professional caregiver in developing individual care management skills! It is held one time per month on a the third Wednesday. Next class is April 15th at 10:00 am.

Call 435-713-1462 to join!

 <p>YOUR LIFE YOUR WAY</p> <p>MAPLE Springs OF NORTH LOGAN SENIOR LIVING COMMUNITY</p> <p>GIVE US A CALL TODAY! 435-753-9400 NORTH LOGAN UT www.MapleSpringsLiving.com</p> <p>Assisted Living, Memory Care Skilled Nursing & Rehabilitation</p>	<p>Cache Valley PHARMACY</p> <p>435-787-1212</p> <p>FREE DELIVERY Special Medication Packaging Available</p> <p>2380 N. 400 E #E North Logan</p>	<p><i>Excellence in care, from our family to yours.</i></p>  <p>The Gables Senior Living</p> <p>The Gables of North Logan Memory Care 455 East 2500 North North Logan, UT 84341 (435) 258 - 8828</p> <p><i>Our Services:</i> Long Term Residency - Respite Stays - Hourly Care www.thegablesfamily.com</p>
	 <p>No act of kindness is ever wasted</p>	<p>Our community wouldn't be the same without you!</p>

<p>High mileage feet need experts.</p> <p>Specializing in senior foot and ankle care:</p> <ul style="list-style-type: none">✓ Neuropathy✓ Diabetes✓ Nail Care & More	 <p>BENJAMIN THOMAS, DPM DANIEL HUFF, DPM JAMES WILLMORE, DPM</p>	 <p>FOOT & ANKLE CENTER OF CACHE VALLEY</p> <p>Call or Text: (435) 787-1023</p>
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Medicare

Dear Marci,

I'm turning 65 soon and considering enrolling in Original Medicare with a Medigap policy. I heard different factors can influence the cost of Medigap premiums. How are Medigap premiums set?

- Holly (Decorah, IA)

Dear Holly,

Great question! While Medigap policies with the same letter offer the same benefits, the monthly premiums can vary from company to company. When choosing a Medigap, it's important to ask how the insurance company sets its premium.

The following factors may affect the cost of your Medigap and which Medigaps are available for you to purchase:

- Where you live
- Your age
- Your health status
- Your gender
- If you smoke
- If you are married

When you first became eligible for Medicare

Be aware of how Medigap companies can use age when setting premiums. In some states, companies are only allowed to use age to set premiums in certain ways. Depending on your state, premiums may be:

No-age-rated (also known as community-rated): Premiums are the same for everyone living in a specific area, regardless of age. These are generally the least expensive over your lifetime.

Issue-age-rated: Premiums are based on the age you were when you first bought the policy. The younger you are when you purchase a Medigap, the cheaper your premium. (Note: Premiums will still increase over time due to inflation, but not due to your age).

Attained-age-rated: Premiums are initially based on your age when you purchase a policy, and they increase as you get older. Meaning you pay a different price at age 65 than you do at age 70. These premiums may be the lowest when you first buy them, but they are generally the most expensive over your lifetime.

It is usually a good idea to buy your Medigap policy during your Medigap open enrollment period or when you have a guaranteed issue right because during those times insurers are required to sell you a policy and your premium can't vary based on your health status.

Hope this helps!

- Marci

EVENTS

READY TO GET WALKING?
WALKING CHAMPIONS IS BACK!

We are starting Walking Champions on
Wednesday, April 15th @ 9:30am

SIGN UP W/ KYLIE TO JOIN!

We will go over how Walking Champions works,
then we will start walking together! We will walk
every Wednesday, leaving the center @ 10am!



We're having a
Wii Game Party!
Come play with us!
**Friday, April 10th from
11am to 2pm**
No need to RSVP, just come
ready to play!

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April 2026

Monday	Tuesday	Wednesday
		1 April Fool's Day 11:00 Jewelry Class: Pressed Flower Pendants (\$2) 1:00 Knitting Group
6 11:00 Bingo 11:00 American Sign Language 12:30 Jeopardy 1:00 Coloring	7 11:00 Good Grief Support Group 11:00 Mind Fitness 11:30 Cranium Crunchers 1:00 Movie: Bye Bye Birdie	8 11:00 Pool Tournament 11:30 Craft 'n' Chit Chat: Bunny Eggs (\$3)
13 11:00 American Sign Language 11:00 Music Bingo: Kylie's Playlist 12:30 Jeopardy 1:00 Coloring	14 11:00 Mind Fitness 11:30 Cranium Crunchers 1:00 Movie: Freaky Friday	15 9:30 Walking Champions 10:00 Caregiver Talking Points 12:20 L&L: Poison Prevention w/ Ileah, BRHD 12:45 Medicare Minute w/ BRAGG
20 Volunteer Recognition Day 11:00 American Sign Language 11:00 Bingo 12:30 Jeopardy 1:00 Coloring	21 11:00 Mind Fitness 11:30 Cranium Crunchers 12:45-3 Commodities 1:00 Movie: Wake up Dead Man: A knives out Mystery	22 Earth Day 10:00 Walking Champions 11:30 Craft: Earth Day Plastic Container Planters (\$2)
27 11:00 American Sign Language 11:00 Bingo 12:10 Nutrition w/Jenna 12:30 Jeopardy 1:00 Diabetes Support Group 1:00 Coloring	28 11:00 Mind Fitness 11:30 Cranium Crunchers 1:00 Movie: Pirates of the Caribbean: The Curse of the Black Pearl	29 10:00 Walking Champions 11:00 Stronger Memory 1:00 Paint 'n' Sip (\$5) 2:15 Book Club: Crossing to Safety

April 2026

Thursday

Friday

2
11:15 Cardmaking w/Brenda
 1:00 TED: The Language You're
 Fluent in; but Forgot How to
 Hear
 1:30 Ping Pong

3
 9:00 Senior Swans Ballet
 10:00 Journaling
11:00 Easter Egg Coloring

9
**11:00 Field Trip: Baby Animal
 Days (\$2 plus \$13 ticket fee)**
 1:30 Ping Pong

10
 9:00 Senior Swans Ballet
11:00-2:00 Wii Game Party
 11:00 Blood Pressure
**2:15 Mindfulness observing
 Erase Self-Negativity Day**

16
**10:00 Defying Gravity Fall
 Prevention Class w/IHC**
**11:45 Out to Lunch Bunch:
 Vessel Kitchen (\$2)**
 1:30 Ping Pong

17 Haiku Poetry Day
 9:00 Senior Swans Ballet
 10:00 Journaling
12:00 Poetry Reading

23
**11:00 Cooking Class: Crispy
 Chickpeas (\$2)**
 1:00 TED: Removing Negative
 Self Talk
 1:30 Ping Pong

24 Arbor Day
 9:00 Senior Swans Ballet
 10:00 Journaling
 11:00 Wii Bowling
 11:00 Blood Pressure

30
11:00 Field Trip: Pickleball (\$2)
11:00 Poker Tournament
 1:00 TED: Music Therapy and its
 Impact on the Brain
 1:30 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 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

8:30 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

Friday

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

Fall Prevention Class



Defying Gravity

Fall Prevention Class

Stay strong, steady, and independent! Join our 90-minute in-person class to build strength, improve balance, and learn how to prevent falls.

This class focuses on the importance of talking about falls and identifying fall risks. The class covers the following topics:

- › Home Hazards
- › Balance & Strength Exercises
- › Vision
- › Medication
- › Footwear
- › Navigating Your Community Environment
- › Local Resources
- › Your Action Items

Event Details

Date: 10:00 a.m. - 11:30 a.m.

Time: April 16, 2026

Location: Cache County Senior Center
240 N 100 E, Logan, UT 84321

Sign up at the front desk!



Want to improve your brain health? Join Colby for StrongerMemory!

StrongerMemory consists of simple activities practiced daily to engage the working memory and trigger brain activity in the prefrontal cortex. Research indicates that participants who spend just 20 to 30 minutes a day engaged in simple reading, writing and math activities can experience stabilized or improved cognitive functions.

Wednesdays @ 1:00pm for 12 weekly lessons

Starts April 29th

Sign up at the front desk

Stronger
MemorySM



Reach a hyperlocal audience.

An advertisement in this newsletter is a highly effective way to promote your business to our community.



Call 800.950.9952

April 2026 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<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>		<p>1</p> <p>Silly Noodles Surprise Leaning Tower of Greens Rainbow bites</p>	<p>2</p> <p>Salisbury Steak Mashed Potatoes & Beef Gravy Sun-shine Carrots Mixed Fruit</p>	<p>3</p> <p>Salmon Avocado Salsa Rice Pilaf Strawberry Fruit Salad <i>Easter Lunch</i></p>
<p>6</p> <p>Garden Omelet Sausage Oranges V8 Muffin</p>	<p>7</p> <p>Chef's Choice</p>	<p>8</p> <p>Shepherd's Pie Shredded Brussels Sprouts Melon</p>	<p>9</p> <p>Ribs Macaroni & Cheese Broccoli Salad Mixed Fruit</p>	<p>10</p> <p>Sweet & Sour Meatballs Brown Rice Roasted Vegetables Grapes</p>
<p>13</p> <p>Beef & Barley Soup Buttered Peas Tropical Fruit Wheat Crackers</p>	<p>14</p> <p>Chicken Tetrazzini Peas & Carrots Pineapple</p>	<p>15</p> <p>Crispy Chicken Tenders Mashed Potatoes & Country Gravy Buttered Corn Mixed Berries</p>	<p>16</p> <p>Meat Loaf Scalloped Potatoes Roasted Vegetables Strawberry Banana Fruit salad</p>	<p>17</p> <p>Veggie Pizza Strawberry Spinach Salad Cherry Crisp</p>
<p>20</p> <p>Beef Ravioli w/ Marinara Sauce Caesar Salad Apple Salad</p>	<p>21</p> <p>Pork Chops Mashed Potatoes & Gravy Sunshine Carrots Ambrosia Salad Roll</p>	<p>22</p> <p>Roast Beef Sandwich Cauliflower Soup Mixed Fruit</p>	<p>23</p> <p>Turkey Burger Carrot Salad Watermelon Chips</p>	<p>24</p> <p>Veggie Lasagna Italian Veggies Citrus Salad</p>
<p>27</p> <p>Chicken Sandwich Broccoli w/ Ranch Grape Salad</p>	<p>28</p> <p>Tuna Noodle Casserole Green Salad Melon Salad</p>	<p>29</p> <p>Chef's Choice</p>	<p>30</p> <p>Pigs in a Blanket Coleslaw Mango Fruit Salad</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*

Understanding Caregiver Fatigue

Caregiver fatigue, also known as caregiver burnout, is a state of emotional, mental, and physical exhaustion that can develop when someone provides ongoing care for another person without adequate support or rest. Caregivers may begin to feel overwhelmed, frustrated, or hopeless, and may even experience guilt or shame for having these feelings. Those most at risk include caregivers of older adults with dementia, spouses or adult children serving as the primary caregiver, and parents caring for children with chronic health conditions or disabilities. Individuals who are balancing caregiving with work and family responsibilities may be especially vulnerable. Some adults are part of the “sandwich generation,” meaning they care for both their children and aging parents at the same time, which can add significant stress.

Common Signs of Caregiver Fatigue

- Persistent exhaustion, even after rest. Irritability, Sleep disturbances, Changes in appetite, Loss of interest in activities you once enjoyed, Feelings of isolation, anger, or resentment, Neglecting your own health or responsibilities.

Tips for Preventing Caregiver Burnout

- Set realistic expectations for what you can manage. Ask for help from friends or family members when possible. Make time for yourself by scheduling regular breaks and prioritizing self-care, including sleep, healthy meals, exercise, and hobbies. Seek out support groups and community resources, either online or in person. Consider professional services such as adult day programs or home health aides to provide temporary relief.

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What to Do If a Ransomware Attack Hits Your Computer

The frequency of attacks nearly doubled during the first half of 2021 compared to the corresponding period last year, according to a [recent report](#) from Tel Aviv-based cybersecurity firm Check Point Software Technologies. And the dollar amount that criminals are extorting is also on the rise.

Ransomware is a type of computer virus, also called [malicious software or malware](#), that locks your computer and sends out an alert demanding a payment for the return of your data. Cybercriminals typically target businesses and governments in hopes they'll pay big bounties to release files and restore critical systems. But ransomware attacks happen to regular computer users, too.

"When a consumer is a victim with ransomware, it means the cybercriminal has something they can demand payment for, such as your documents, including tax returns, or maybe important photos and videos [like home movies] that are now encrypted," says Steve Grobman, chief technology officer of McAfee, a leading cybersecurity company.

To unlock your files, attackers demand that you pay them, usually in cryptocurrency such as [Bitcoin](#), which is difficult to trace. Their demands could amount to several hundred dollars for individuals — and several million dollars for companies — with recent high-profile [attacks on Colonial Pipeline Co. and JBS USA Holdings Inc., the world's largest meat processing company](#), as examples.

"You may see an email that says you need to pay if you want these files back. Or in other cases you're told your entire computer is locked and unless you pay, they'll make it essentially unusable," Grobman says.

But it can get worse. Cybercriminals also may threaten to post your personal information, such as private emails, on the internet unless you pay, he says. "Fake ransomware," a demand for payment without a criminal accessing your files, is also a problem. So what should you do?

If a ransomware attack strikes you

"Your first course of action should always be to contact your local authorities as soon as possible," says chief technology officer Ryan Toohil of Aura, a digital security company based in Burlington, Massachusetts.

"Don't take any actions before a technology and/or law enforcement expert is involved, as it could make the situation worse," Toohil says. "Technical experts will know what to do in a ransomware situation."

But you can take a few steps on your own. If you are confident in your technical skills, consider checking the website [No More Ransom](#) to see if you have been infected by ransomware with a known solution or decryption key. That way, you can unlock your files without paying. No More Ransom was launched in 2016 with the goal of helping victims retrieve their encrypted data without losing money.

"Many ransomware attacks are attacks of opportunity, so they often reuse the same technology knowing that most victims won't know how to unlock the files," Toohil says.

If you don't feel comfortable checking on this yourself, get help from a tech-savvy friend or family member, or bring your computer to a reputable technician to confirm that your files really are encrypted. Among the companies that have lots of locations nationwide and offer such a service are Best Buy's Geek Squad, based in Richfield, Minnesota; Los Angeles-based HelloTech; Orlando-based uBreakiFix; and Norton Ultimate Help Desk, which offers a discount to AARP members.

Cyberattackers prey on fear

"Don't panic," Grobman says. "It's absolutely critical. One thing I see all the time is consumers make a minor issue worse because they start trying to take action with a ransomware attack."

But it's understandable. Criminals are hoping for an emotional response, often by using big, red — and sometimes flashing — words on the screen such as "RANSOMWARE ATTACK! YOUR FILES ARE ENCRYPTED. YOU HAVE 15 HOURS TO SUBMIT PAYMENT!" so you might pay up quickly. The most important thing, Grobman says, is to get up, walk around to clear your head, then sit back down and ask yourself some questions.

- What options do you have to recover your files other than paying?
- Do you have duplicate files somewhere else, such as on a hard drive not connected to your computer?
- Do you need the hijacked files or care if they are revealed?

If you backed up your files or turned on a system that backs them up automatically — like Time Machine within a Macintosh operating system — try to connect it to another computer to make sure the backup is still reliable, Toohil says.

Continued on page 13.

aarp.org/money/scams-fraud/ransomware-protection-tips

"Then you can restore your machine via the backup to what it was before you were infected," he says. "Wait until it is deemed safe to do so by technical experts to perform this action."

The next step is to confirm, if possible, that ransomware has actually been installed on your computer. If the extortionists claim they have all your emails, have they supplied a sample to prove it?

Also, don't accept unsolicited help for your problem. "We've seen a one-two punch, where you get a notification of ransomware, followed up by a scam that looks like it comes from a trusted source like Microsoft or McAfee that says, 'We've detected you've become a victim of ransomware. We're here to help. Please call this number and allow our technicians to remote control your computer,'" Grobman says. "Never, ever act on any of those emails." Legitimate software vendors won't contact customers that way.

If you need the help of a software vendor like McAfee, Aura or another cybersecurity company, always go to the website on your own. Do not click on a link or call a phone number sent to you.

Should you pay the ransom?

This is a tough one to answer. Grobman says that when you pay a ransom, you're reinforcing the cybercriminal's business model.

"Know that you're essentially funding the next generation of ransomware," he says. "So the main reason not to pay ransomware is that it makes the global problem worse."

But he stops short of saying never pay, as some other cybersecurity experts suggest. You have to decide whether the files are important enough.

Aura's Toohil agrees: "If the files you have on your machine are meaningful to you [such as pictures of your family or grandkids or irreplaceable financial data], you haven't created backups, you have not been locked with a known ransomware, and the technical experts you've enlisted don't think they will be able to unlock your files, it is OK to consider paying." But make sure you can afford it and realize that the thieves might take the money and give you nothing.

"This is not a good long-term solution," he says. "But if you have no way to recover those things that are priceless to you, sometimes you have no other option."

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Know the 10 Signs of Alzheimer's: Early Detection Matters



You've probably heard the terms “dementia” and “Alzheimer’s” being used interchangeably. While they are related, there are distinct differences between the two terms. Dementia is the umbrella term to describe a person's changes in memory, thinking, or reasoning. There are many possible causes of dementia, including Alzheimer’s disease.

What is Alzheimer’s disease?

Alzheimer’s is a progressive brain disease. It's also the most common cause of dementia, accounting for 60-80% of all dementia cases.¹ According to the Centers for Disease Control and Prevention, 6.7 million Americans had Alzheimer’s disease in 2023—and that number could rise to 14 million people by 2060.²

Are there any treatments for Alzheimer's?

Research on Alzheimer’s treatments is ongoing. In 2021, aducanumab (Aduhelm™) was approved as a treatment for Alzheimer’s disease by the U.S. Food and Drug Administration (FDA). This was the first FDA-approved therapy to potentially delay decline from the disease, compared to current medications that only address symptoms. It was also the first therapy to demonstrate that removing amyloid from the brain may delay decline in people living with Alzheimer’s.

Amyloid is the protein that clumps into sticky brain plaques that are a hallmark of Alzheimer’s disease. This means people may have more time to actively participate in daily life, have sustained independence, and hold on to memories longer.

Coverage of Aduhelm by Medicare and other insurers is still being determined, and its distribution and implementation are continually evolving. If you're interested in learning more about Aduhelm, talk to your health care provider to determine whether you are a candidate.

Leqembi™ (generic name lecanemab) is an even newer medication for Alzheimer’s, approved by the FDA in January 2023. Like Aduhelm, it is designed to treat patients in the early stages of the disease. In July 2023, the agency granted full approval of the drug, meaning Medicare will provide coverage as long as patients meet certain conditions.

Leqembi is only the second anti-amyloid treatment on the market.³ Already, it shows potential in reducing cognitive decline. However, it's too soon to know whether the drug will remain effective over time. Ask your doctor whether Leqembi is an appropriate Alzheimer’s treatment for you or someone you know.

How do you diagnose Alzheimer's?

There's no one test that can be used to definitively diagnose Alzheimer's disease. Instead, doctors use a combination of medical history, neurological exams, brain imaging, and other diagnostic tools to make a diagnosis with as much accuracy as possible.

The approval of new therapies makes early detection and diagnosis of Alzheimer's even more critical, since it helps to ensure people receive the most benefit at the earliest point possible. Early diagnosis has demonstrated better health outcomes for patients and their caregivers. It may be hard to know the difference between age-related changes and the first signs of dementia, but memory loss that disrupts daily life is not a typical part of aging. Your memory often changes as you grow older. Some people recognize concerning changes in themselves before anyone else notices. In other cases, friends and family are the first to observe changes in memory, behavior, or abilities.

What are some early symptoms of Alzheimer's? The Alzheimer’s Association has created a list of warning signs and contrasted them with typical age-related changes.

10 warning signs for Alzheimer’s disease and other dementias

1. Memory loss that disrupts daily life

One of the most common signs of Alzheimer’s disease, especially in the early stage, is forgetting recently learned information. Others include forgetting important dates or events, asking for the same questions over and over, and increasingly needing to rely on memory aids (e.g., reminder notes or electronic devices) or family members for things they used to handle on their own. What’s a typical age-related change?

Sometimes forgetting names or appointments, but remembering them later

2. Challenges in planning or solving problems

Some people living with dementia may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before.

What’s a typical age-related change?

Making occasional errors when balancing a checkbook

3. Difficulty completing familiar tasks at home, at work, or leisure

People living with Alzheimer's often find it hard to complete daily tasks. Sometimes they may have trouble driving to a familiar location, organizing a grocery list or remembering the rules of a favorite game.

What’s a typical age-related change?

Occasionally needing help to use the settings on a microwave or to record a television show- *Cont. pg. 15*

4. Confusion with time or place

People living with Alzheimer's can lose track of dates, seasons, and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there.

What's a typical age-related change?

Getting confused about the day of the week, but figuring it out later

5. Trouble understanding visual images and spatial relationships

For some people, having vision problems is a sign of Alzheimer's. This may lead to difficulty with balance or trouble reading. They may also have problems judging distance and determining color or contrast, causing issues with driving.

What's a typical age-related change?

Vision changes related to cataracts

6. New problems with words in speaking or writing

People living with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have trouble naming a familiar object or use the wrong name (e.g., calling a "watch" a "hand-clock").

What's a typical age-related change?

Occasionally having trouble finding the right word

7. Misplacing things and losing the ability to retrace steps

Early symptoms of Alzheimer's may include putting things in unusual places. Someone may lose things and be unable to go back over their steps to find them again. They may accuse others of stealing, especially as the disease progresses.

What's a typical age-related change?

Misplacing things from time to time and retracing steps to find them

8. Decreased or poor judgment

People living with Alzheimer's may experience changes in judgment or decision-making. For example, they may use poor judgment when dealing with money or pay less attention to grooming or keeping themselves clean.

9. Withdrawal from work or social activities

Another sign of Alzheimer's progression is when someone experiences changes in their ability to hold or follow a conversation. As a result, they may withdraw from hobbies, social activities, or other engagements.

10. Changes in mood and personality

People living with Alzheimer's may experience mood and personality changes. They can become confused, suspicious, depressed, fearful, or anxious. They may be easily upset at home, with friends or when out of their comfort zone.

What's a typical age-related change?

Developing very specific ways of doing things and becoming irritable when a routine is disrupted

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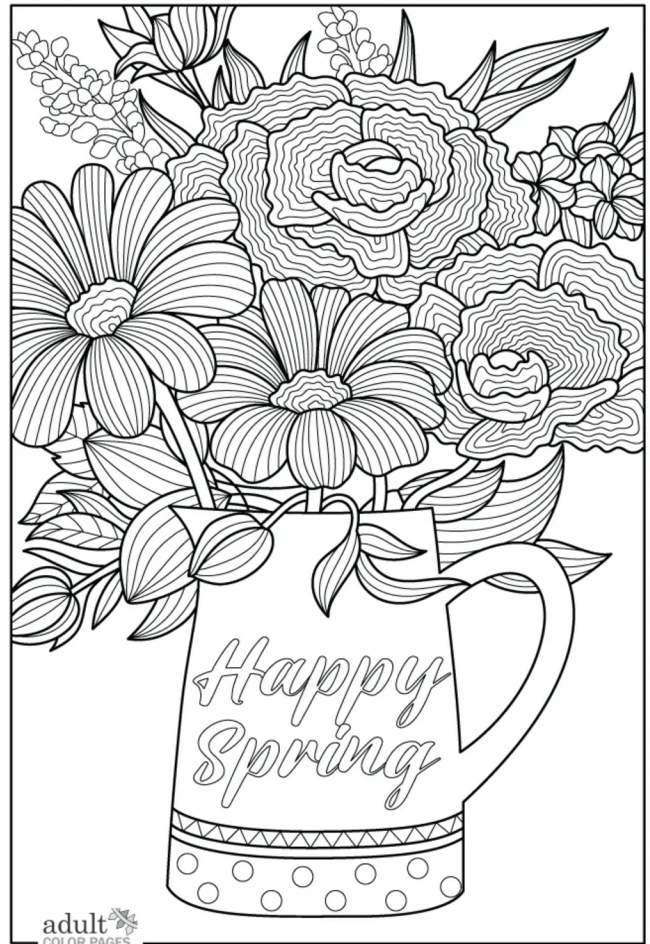
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