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CACHE COUNTY SENIOR CENTER

NEWSLETTER



UPCOMING EVENTS

Join us for an evidence based class from the Arthritis Foundation: Walk with Ease! Starts Wed June 17th @ 9:30



New classes to check out include a Guitar Class on Mondays @ 9, and an additional Chair Yoga class Thursdays @ 9:30!

Events you must RSVP

- 06/03 Craft (\$2)
- 06/04 Mantua Hike (\$2)
- 06/10 Craft 'n' Chit Chat (\$4)
- 06/11 Cooking Class (\$3)
- 06/18 Summerfest & Lunch (\$2 plus lunch cost)
- 06/24 Paint 'n' Sip (\$5)
- 6/25 Ogden Union Station & Rainbow Gardens (\$20 + \$7 admission fee + lunch)

PLEASE JOIN US FOR A
FATHER'S DAY
Celebration

WED., JUNE 17TH

11:00AM HORSESHOE TOURNAMENT

12:00PM MUSIC BY STEVE AND DARLENE

12:45PM ICE CREAM BAR



Glazed Peach Bread

It's one of those recipes that works just as well for a quick breakfast as it does for an afternoon snack with coffee.

INSTRUCTIONS

1. Add the flour, baking soda, baking powder, cinnamon, nutmeg, and salt to a mixing bowl. Whisk them together until evenly combined. Set aside.
2. To another mixing bowl, add the sugar and butter. Using a hand mixer, beat them together until smooth & creamy.
3. Add the egg and mix again until evenly incorporated.
4. Add the sour cream and vanilla, blending again until completely incorporated.
5. Add the dry ingredient mixture to the wet bowl and stir together until evenly combined, without any dry patches remaining.
6. Add the prepared peaches and, using a spatula, fold them in until evenly incorporated.
7. Lightly spray a 9x5" loaf pan with nonstick cooking spray. Pour the batter into the greased pan and smooth it out into an even layer.
8. Bake at 350° for 60-65 minutes, until a toothpick inserted into the center comes out clean.
9. Carefully remove the hot pan from the oven and set it aside to cool for 10 minutes.
10. Run a butterknife around the edges of the pan to 'release' the peach bread, then transfer it to a serving plate (or cutting board).
11. Add the glaze ingredients to a small bowl and whisk together until evenly combined. Pour the glaze over the bread, then let it rest, undisturbed, for 10 minutes
12. Slice, serve, and enjoy!

INGREDIENTS

For The Bread

- 2 1/4 cups flour
- 1 tsp baking soda
- 1/2 tsp baking powder
- 1/2 tsp ground cinnamon
- 1/8 tsp ground nutmeg
- pinch salt
- 1 cup sugar
- 1/2 cup butter melted
- 1 large egg
- 3/4 cup sour cream
- 1 tsp vanilla extract
- 1 cup drained, diced canned peaches can substitute the equivalent amount of diced fresh peaches

For The Glaze

- 1 cup powdered sugar
- 2 tbsp milk

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. 435-752-7242.

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 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 435-713-1460.

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 caregivers in developing individual care management skills! It is held one time per month on the third Wednesday. Next class is June 17th 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</p> <p>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>
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<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</p>	 <p>DANIEL HUFF, DPM</p>	 <p>JAMES WILLMORE, DPM</p>	 <p>FOOT & ANKLE CENTER OF CACHE VALLEY</p> <p>Call or Text: (435) 787-1023</p>
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Dear Marci

How do I file an appeal if Original Medicare denies payment for a service I received?

Dear Marci,

I recently went and got blood work done, and I got a notice saying Medicare denied payment. Can I appeal this and how do I file an appeal if Original Medicare denies payment for a service I received?

- Ambrose (Bay Field, WI)

Dear Ambrose,

Yes, if you have Original Medicare and your health service or item was denied, you have the right to appeal. An appeal is a formal request you make if you disagree with a coverage or payment decision.

Always check your Medicare Summary Notice (MSN) to see if Medicare has paid for your services and how much you may owe your provider. If your MSN says that Medicare did not pay for a service, and you think it should, call your doctor to make sure there was not a billing error before appealing.

Start your appeal by following the appeal instructions listed on your MSN or Redetermination Request form.

- Circle the denied service listed and fill out the shaded section at the end of the MSN.
- Send your appeal to the Medicare Administrative Contractor (MAC) within 120 days of the date on your MSN. (The MAC's name and address are listed in the shaded section of your MSN.)
- This will start your appeal process. The MAC should make a decision within 60 days.

If your provider sends you a bill for this service, let your provider's billing office know that you are in the process of appealing Medicare's coverage decision.

If your appeal is successful, your service or item will be covered. If your appeal is denied, you can move on by appealing to the Qualified Independent Contractor (QIC) within 180 days of the date listed on the MAC denial letter.

The QIC may go by a different name in your area. Follow the instructions on the MAC denial notice to file your appeal. The QIC should make a decision within 60 days.

If your QIC appeal is successful, your service or item will be covered. If your appeal is denied and your health service or item is worth at least \$200 in 2026, you can choose to appeal to the Office of Medicare Hearings and Appeals (OMHA) level.

Follow the appeal deadlines. If you have a good reason for missing your appeal deadline, you may be eligible for a good cause extension. You should also keep a copy of all documents sent and received during the process.

Hope this helps!

-Marci

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FRI. 26 11:00 AM

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June 2026

Monday	Tuesday	Wednesday
<p>1 9:00 Guitar Class 11:00 Bingo 12:30 Jeopardy 1:00 Coloring</p>	<p>2 11:00 Good Grief Support Group 11:00 Mind Fitness 11:30 Cranium Crunchers 1:00 Movie: Enola Holmes</p>	<p>3 10:00 Walking Champions 11:30 Craft: Fruit Drink Covers (\$2) 12:15 Thinking While Walking: A Balance Maintenance Study(USU) 1:00 Knitting Group</p>
<p>8 9:00 Guitar Class 11:00 Music Bingo 12:30 Jeopardy 1:00 Coloring</p> 	<p>9 11:00 Mind Fitness 11:30 Cranium Crunchers 1:00 Movie: Summer Camp</p>	<p>10 10:00 Walking Champions 11:30 Craft 'n' Chit Chat: Canvas tote bags (\$4)</p>
<p>15 9:00 Guitar Class 11:00 Bingo 12:30 Jeopardy 1:00 Coloring</p> 	<p>16 11:00 Mind Fitness 11:30 Cranium Crunchers 12:45-3:00 Commodities 1:00 Movie: Cool Runnings</p>	<p>17 9:30 Walk with Ease 10:00 Walking Champions 11:00 Horseshoe Tournament 12:00 Music by Steve and Darlene 12:45 Ice Cream Bar</p>
<p>22 9:00 Guitar Class No Bingo Today 12:30 Jeopardy 1:00 Coloring</p>	<p>23 11:00 Mind Fitness 11:30 Cranium Crunchers 1:00 Movie: The Help</p>	<p>24 9:30 Walk with Ease 10:00 Walking Champions 1:00 Paint 'n' Sip (\$5) 2:15 Book Club</p>
<p>29 9:00 Guitar Class 11:00 Bingo 12:15 Nutrition w/ Jenna 12:30 Jeopardy 1:00 Coloring 1:00 Diabetes Support Group</p>	<p>30 11:00 Mind Fitness 11:30 Cranium Crunchers 1:00 Movie: The Three Amigos</p>	

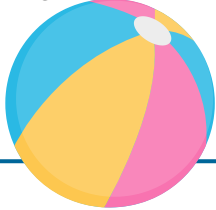
June 2026

Thursday

Friday

4

9:00 Hike: Mantua Lake (\$2)
9:30 Chair Yoga
 11:15 Cardmaking w/Brenda
1:00 Croquet



5

9:00 Senior Swans Ballet
 10:00 Journaling
 10:00 Sewing Class (\$10)
11:00-2:00 Wii Game Party

11

9:30 Chair Yoga
11:00 Cooking Class:
Watermelon Smoothies (\$3)
 1:00 TED: What trauma taught me about resilience

12 National Movie Night

9:00 Senior Swans Ballet
 10:00 Journaling
 10:00 Sewing Class
 11:00 Blood Pressure Clinic
2:15 Mindfulness is observing Making Life Beautiful Day!
5:00 Wicked For Good Movie Party

18

9:30 Chair Yoga
10:30 Field Trip: Summerfest and lunch (\$2 plus lunch cost)

19 Closed in Observance



25

9:00 Field Trip: Union Station and Lunch at Rainbow Gardens (\$20 bus fee + \$7 admission + lunch cost)
9:30 Chair Yoga
11:00 Poker Tournament

26

9:00 Senior Swans Ballet
 10:00 Sewing Class
11:00 Summerween Party!
 11:00 Blood Pressure Clinic



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.

8:30 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 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
10:00 Sewing
11:00 Board/Card Games
1:00 Tai Chi
2:25 Mindfulness Group

Exercising With Chronic Conditions

Almost anyone, at any age, can do some type of physical activity, even with a chronic condition. In fact, older adults with chronic conditions can benefit from physical activity.

For most, moderate-intensity activities (such as brisk walking, riding a bike, swimming, weightlifting, and gardening) are safe, especially if you build up slowly. Talk with a doctor about your health condition and create a physical activity plan that works for you.

Below, you'll find physical activity guidance for people with certain chronic conditions.

Arthritis

Older adults with arthritis, the most common form being osteoarthritis, who are regularly physically active benefit from decreased pain and improved physical function and quality of life. Both aerobic and muscle-strengthening activities contribute to these benefits.

Try doing low-impact activities, such as swimming, walking, and tai chi, which put less stress on your joints. When done safely, being physically active with arthritis shouldn't make the disease or pain worse. Speak with a health care provider about what exercises may work for you.

Chronic pain

Most people living with chronic pain can exercise safely. Physical activity can also help with pain management, whereas being inactive can lead to a cycle of more pain and loss of function.

It's important to remember to listen to your body when exercising and participating in physical activities. Avoid overexercising on "good days." If you have pain, swelling, or inflammation in a specific area, you may need to focus on another area or rest for a day or two. Talk with a doctor about what exercises and activities might be right for you.

COPD (Chronic Obstructive Pulmonary Disease)

If you have COPD, talk with your health care provider or a pulmonary therapist to find out what they recommend. You may be able to learn some exercises to help your arms and legs get stronger and breathing exercises that can help strengthen the muscles needed for breathing.

Pulmonary rehabilitation is a program that helps you learn to exercise and manage your disease with physical activity and counseling. It can help you stay active and carry out your day-to-day tasks.

High blood pressure

Physical activity can help older adults with high blood pressure reduce or manage their blood pressure and lower the risk of blood pressure continuing to rise. It also helps protect against cardiovascular diseases, including heart disease and stroke.

In people with high blood pressure, moderate-intensity activity for 90 minutes a week can help to significantly lower the risk of heart disease. More activity can lead to an even greater benefit. Both aerobic and muscle-strengthening activities are beneficial.

Work with your health care provider as you increase physical activity. Adjustments to blood pressure medication may be needed.

Osteoporosis

If you have osteoporosis, talk with your health care provider about physical activity that is safe for you and good for your bone health. A combination of exercise types can help build and maintain healthy bones and prevent falls and fractures. Weight-bearing exercises, such as walking, climbing stairs, or dancing, produce a force on bones that makes them work harder. Including muscle-strengthening and balance exercises is beneficial, too.

Type 2 diabetes

Physical activity can help older adults manage type 2 diabetes and stay healthy longer. It improves blood glucose levels, can prevent or slow risk factors that contribute to the disease getting worse, and helps protect against the leading cause of death in people with type 2 diabetes — cardiovascular diseases such as heart disease and stroke.

Aim for at least 150 minutes a week of moderate-intensity aerobic activity, plus two days a week of muscle-strengthening activity. Set a goal to be active most days of the week and create a plan that fits into your life. Your health care team can help.

People exercising with diabetes must be especially careful about monitoring their blood glucose, choosing appropriate footwear, and avoiding injury to their feet.

Health Promotion Classes

New Chair Yoga Class

Due to the popularity of chair yoga, we will now have a second class Thursdays at 9:30 am. Come meet Rebecca, our new volunteer instructor.



Join Walk With Ease

Walk With Ease will be pairing up with Walking Champions starting on Wednesday, June 17th. Meet in the sewing room every Wednesday at 9:30am for the class, then be ready to walk from the Center at 10am. RSVP at the front desk to join. This is a free class, so don't hesitate to sign up!



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June 2026 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Hearty Ham Casserole Garden Vegetables Peaches	2 Pineapple Chicken Brown Rice Roasted Squash Oranges	3 Tater Tot Casserole Peas & Carrots Grape Salad	4 Tuna Salad Sandwich 3 Bean Salad Mixed Berries	5 Chicken Tenders Mashed Potatoes w/Country Gravy Buttered Corn Apples
8 Ham Salad Sandwich Carrot Raisin Salad Melon	9 Chef's Choice 	10 Strawberry Chicken Salad Mango and Blueberries Wheat Crackers	11 Butter Chicken Basmati Rice Roasted Cauliflower Tropical Fruit	12 Meatloaf Au Gratin Potatoes Sunshine Carrots 5 Cup Fruit Salad
15 Loaded Baked Potato w/Chili Buttered Peas Mixed Fruit	16 Egg Salad Sandwich Crudites w/Ranch Mixed Melon	17 Hot Dog Broccoli Salad Fruit Salad S'more Cookie Bar	18 Fish with Creamy Lemon Sauce Wild Rice Pilaf Caribbean Veggies Grapes	19 Closed in Observance 
22 Turkey Sandwich 3 Bean Salad Apple Salad	23 Tuscan Chicken Rice Pilaf Green Beans Ambrosia Fruit	24 Chef's Choice 	25 Sausage Lentil Soup Caesar Salad Mixed Fruit	26 BBQ Pork Sandwich Coleslaw Watermelon Chips
29 Chicken Alfredo Pasta Broccoli Tropical Fruit	30 Garden Omelet French Toast Bake V8 Banana	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.		

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*****

Field Trips

Field Trip List

June 2026

Remember to RSVP @ the front desk to save your spot on field trips!



- Hike around Mantua Lake
Thurs., 4th @ 9am (\$2)
- Summerfest and lunch
Thurs., 18th @ 10:30am
(\$2 plus lunch cost)

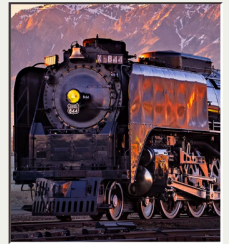


Union Station and Rainbow Gardens

Thursday, June 25th @ 9am

Join Kylie on a trip to the Union Station Museum and then lunch at Rainbow Gardens!

- RSVP @ the front desk
- \$20 bus fee, \$7 admission plus lunch cost



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Hacer ejercicio con enfermedades crónicas

Casi cualquier persona, a cualquier edad, puede realizar algún tipo de actividad física. Incluso si tiene algún problema de salud como una enfermedad cardíaca, artritis, dolor crónico, presión arterial alta o diabetes, usted puede hacer ejercicio. De hecho, la actividad física podría ayudarle. Para la mayoría de las personas, las actividades físicas como caminar a paso ligero, andar en bicicleta, nadar, levantar pesas y la jardinería son seguras, especialmente si se comienza lentamente y se va aumentándolas poco a poco. Es posible que desee hablar con su médico acerca de cómo su estado de salud podría afectar su capacidad para estar activo.

Hacer ejercicio cuando se tiene artritis

En el caso de las personas con artritis, el ejercicio puede reducir el dolor y la rigidez de las articulaciones. También puede ayudar a perder peso, lo que reduce el estrés en las articulaciones.

Los ejercicios de flexibilidad como los de estiramiento de la parte superior e inferior del cuerpo y el tai chi pueden ayudar a mantener las articulaciones en movimiento, aliviar la rigidez y brindarle más libertad de movimiento para las actividades diarias.

Los ejercicios de fortalecimiento, como los levantamientos de brazos por encima de la cabeza (en inglés), ayudan a mantener o aumentar la fuerza muscular para apoyar y proteger las articulaciones.

Los ejercicios de resistencia hacen que el corazón y las arterias estén más saludables y pueden disminuir la inflamación en algunas articulaciones. Pruebe actividades como nadar y andar en bicicleta (en inglés) que no requieren que ponga mucho peso sobre las articulaciones.

Si tiene artritis, es posible que deba evitar algunos tipos de actividad cuando las articulaciones estén hinchadas o inflamadas. Por ejemplo, si le duele un área específica de la articulación, quizás deba concentrarse en otra área durante uno o dos días.

La actividad física y la enfermedad pulmonar obstructiva crónica (EPOC)

Si tiene EPOC, hable con su médico, otro proveedor de atención médica o con un terapeuta pulmonar para saber qué recomienda. Quizás pueda aprender algunos ejercicios para fortalecer los brazos y las piernas o ejercicios de respiración que fortalezcan los músculos necesarios para respirar.

La rehabilitación pulmonar es un programa que le ayuda a aprender a hacer ejercicio y a controlar su enfermedad con actividad física y asesoramiento. Puede ayudarlo a mantenerse activo y realizar sus tareas diarias.

Hacer ejercicio cuando se tiene diabetes tipo 2

El ejercicio y la actividad física pueden ayudar a las personas con diabetes a controlar su enfermedad y a mantenerse saludables por más tiempo. Caminar y otras formas de ejercicio diario pueden ayudar a mejorar los niveles de glucosa en las personas mayores que tienen diabetes. Fíjese la meta de ser más activo la mayoría de los días de la semana y cree un plan para estar físicamente activo que se adapte a su vida y que pueda seguir. Su equipo de atención médica puede ayudarle.

Unos pasos sencillos para ser más activo:

- Estírese durante las pausas comerciales de televisión.
- Camine cuando hable por teléfono.
- Dé más pasos al estacionarse más lejos de las tiendas, los cines o su oficina.

El ejercicio y la salud del corazón

El corazón mantiene al cuerpo funcionando. A medida que envejece, es normal que haya algunos cambios en el corazón y los vasos sanguíneos, pero otros son causados por enfermedades. Lo que usted elige a diario, como comer de manera saludable, mantener un peso saludable y tratar de hacer más actividad física, puede contribuir a la salud del corazón. Las personas inactivas tienen casi el doble de probabilidad de desarrollar enfermedades del corazón que las activas. La falta de actividad física también puede empeorar otros factores de riesgo de enfermedades cardíacas, como niveles altos de colesterol y triglicéridos en la sangre, presión arterial alta, diabetes y prediabetes, sobrepeso y obesidad. Estar físicamente activo es una de las cosas más importantes que puede hacer para mantener saludable al corazón. Trate de realizar al menos 150 minutos de actividad aeróbica de intensidad moderada cada semana.

Hacer ejercicio cuando se tiene osteoporosis

Los ejercicios en los que se soporta un peso y que lo obligan a trabajar contra la gravedad, como caminar, trotar o bailar tres o cuatro veces por semana, son los mejores para desarrollar músculos y fortalecer los huesos. Pruebe también algunos ejercicios de fortalecimiento y equilibrio que ayudan a evitar caídas, ya que estas podrían ocasionar una fractura de hueso. Hacer estos ejercicios es bueno para la salud de los huesos de las personas con osteoporosis y de quienes quieren prevenirla.

PARTICIPANTS NEEDED FOR A STUDY ON THE NEURAL CONTROL OF BALANCE

IRB#15406

We are looking for healthy adults aged 65+

We are seeking healthy adults to participate in a research study examining how the brain and nervous system control balance during standing and walking. A \$40 gift card will be provided to thank you for your time.

Who's Eligible?

- Not diagnosed with a neurological illness
- Not diagnosed with a concussion in past 6 months
- No allergic skin reaction to rubbing alcohol or lotions
- Able to walk for up to 30 minutes on a treadmill
- Able to step quickly to recover balance
- Fluent in English
- No unsteadiness or fear of falling
- Not diagnosed with osteoporosis
- No medications that increase fall risk
- No more than 1 fall in the past year
- No injury/weakness that would interfere with walking

What's Involved?

- One test session lasting 2 hours
- A walking task with occasional tugs at the waist to measure balance reactions
- A hand reaction test
- Data collection with non-invasive procedures to measure muscle & brain activity
- Complete a short beans sorting task



For more information: Austin Gillette: austin.gillette@usu.edu Dave Bolton: dave.bolton@usu.edu

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Cache County Senior Center, Logan, UT

05-1038

Scammers are extra busy this time of year. They may pretend to be from Medicare or an insurance company to try to steal your personal information — or even enroll you in a plan without your knowledge. Remember, legitimate agents and brokers who represent Medicare plans need your permission before contacting you. If you get an unsolicited call, just hang up. Uninvited emails or texts? You can ignore those, too.

Beware of scammers, sometimes posing as salespeople, offering "free" services or gifts. They may be trying to trick you into signing up for hospice care without your knowledge.

Here's how it works:

1. Scammers text, call, email, post fake ads, or even knock on your door.
2. They offer "free" gifts or in-home perks, like cooking or cleaning services, protein shakes, medical equipment, or groceries.
3. In exchange, they may ask for your Medicare Number and ask you to sign a paper.
4. They're tricking you into signing up for hospice care, so they can fraudulently bill Medicare for services in your name.

Remember: Never give out your Medicare Number and don't sign anything for free services — it's a scam.

If you suspect Medicare fraud, report it immediately to Medicare at 1-800-MEDICARE or visit [Medicare.gov/fraud](https://www.Medicare.gov/fraud). And as always, never give your Medicare Number, Social Security number, or financial information to anyone you don't know. [Medicare.gov/plan-compare](https://www.Medicare.gov/plan-compare) is your official source to find the type of coverage that fits you best during Medicare Open Enrollment.



Siga estos 3 consejos para protegerse del fraude y las estafas a Medicare:

1. Si recibe una llamada, un mensaje de texto o un correo electrónico pidiéndole su número de Medicare, no responda. No le dé su tarjeta de Medicare ni su número de Medicare a nadie, excepto a su médico o a las personas que sabe que deberían tenerlo.
2. Revise cuidadosamente sus Resúmenes de Medicare (MSNs) o declaraciones de reclamaciones. Si ve un cargo por un servicio que no recibió o un producto que no ordenó, puede ser un fraude. Si sospecha de fraude, repórtelo al 1-800-MEDICARE (1-800-633-4227).
3. Guarde su tarjeta de Medicare como si fuera una tarjeta de crédito.

To help keep our classrooms, pool room, and library clean and welcoming for everyone, we kindly ask that all food from the cafeteria remain in the cafeteria dining area only. Beverages brought into other areas must be in a closed container to help prevent spills on the carpet. Please also remember to return all cafeteria cups and dishes to the dishroom when finished. We appreciate everyone's help in cleaning up after themselves, putting items away, and not leaving belongings or supplies out. Thank you for helping us maintain a clean and enjoyable environment for all clients and staff.

Did you know answering calls from unknown numbers puts you at greater risk of scams? Let unknown numbers go to voicemail. If it's someone legitimate, you can call them back.



Answering calls from unknown numbers puts you at greater risk of falling for a scam.



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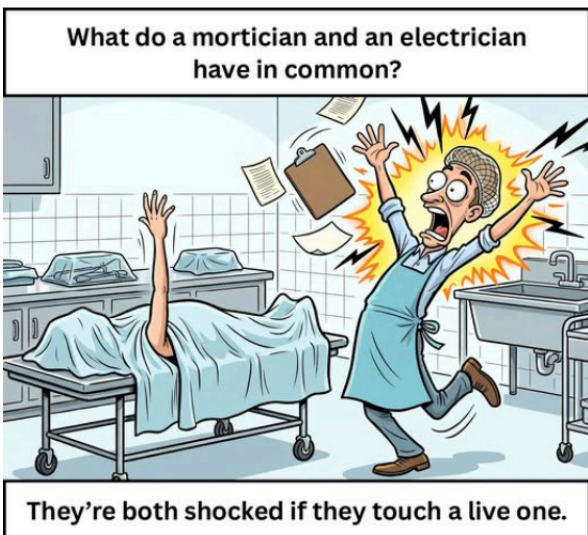
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Activity Page

DAD JOKE OF THE DAY



	6	2		1		8	
						1	3
		1		9	4		
5	7	4					2
9			8	1			
		7					6
						6	
				8	4		
	5		2				



Photo of the Month!
Thanks for sharing your beautiful smile!

