

July 2016

CACHE COUNTY SENIOR CITIZEN CENTER

240 North 100 East Logan, Utah 84321

HOURS: 9:00 A.M. – 4:00 P.M. Monday—Friday

PHONE: (435)755-1720 FAX: (435)752-9513

www.cachecounty.org/senior

Visit us on Facebook: Cache County Senior Citizens Center



July 6th @ 9:00 am Commodities Pickup

*Are you concerned someone you love or care about may be the victim of abuse? Don't be silent. Call 1-800-371-7897

Lunch and Learn

July 6th—Little Bloomsbury

July 8th—Estate Planning—Wells Fargo

July 13th—Name That Tune w/ Debbie Lee ComForCare

July 15th—Fall Prevention - Symbii Home Health

July 29th—Seniors Got Talent Hosted by Sunshine Terrace

Join us on July 19th as we head out for some fun thrift shopping in Brigham City and Ogden. We will go out to lunch afterwards. Bus will leave at 9:15 am.



Reserve your spot \$3.00 bus fare with Marisol at the front desk.

Remember those school days? Join us as we begin "back to school days with Debbie Lee." She is a school teacher. Debbie will be teaching us every Thursday (beginning 7/14) at 11 am. Our first class we will be doing a science experiment. Be sure to sign up w/ Giselle.



We will have a lawyer here on July 14th from 1:00—4:00. If you need legal advice make an appointment with Marisol



Cache County Senior Citizen Center Benefit Indoor-Yard Sale

July 30th 9 am -12 pm 240 N 100 E Logan

Your generous support means some of our most vulnerable neighbors and friends will have access to the nutrition they need to live at home with independence and dignity and you will also be helping the many programs and activities offered at the Senior Center. All proceeds go to the non profit organization of the Cache County Senior Center.

A shred truck will be on site for you to bring any documents that need to be shredded. * This is a free service*

Home Decor, Quilts, Jewlery, Movies, dishes, clothes, furniture and much more !

Food Stand Hotdogs* Soda* chips* and candy



If you are looking for a place to donate clothing or household items, we hope you will donate to the Senior Center 755-1720

PosterMyWall.com

Don't Be Ambushed at the ATM

'Skimming' devices let criminals steal your debit card data by Sid Kirchheimer, AARP Bulletin, June 2016

Fraud at automated teller machines has reached an all-time high. Helping to drive the surge: Crooks have turned their attention to ATMs now that security at retail stores is being bolstered by chip-enabled credit and debit cards, which are hard to counterfeit.

The FICO Card Alert Service, which monitors about 3 of every 5 debit cards used in the U.S., reports that the number of ATMs compromised by criminals rose more than 500 percent last year over 2014.

The rise is being propelled by "the proliferation and sophistication of inexpensive skimming technology," FICO official T.J. Horan tells Scam Alert. The crooks take an average \$650 from each person skimmed, according to the ATM Industry Association. The law limits your liability—but only if you report the crime quickly.

What it's about

Never heard of skimming? It's a con in which criminals install illegal card-reading devices on ATMs, as well as gas pumps and other public-area machines that process debit cards. You put your card in, and the device "skims" your information from the card's magnetic strip. A nearby hidden camera records the PIN that you enter. The criminals then make duplicate cards to drain cash from your accounts, or they sell your card number and PIN on the black market. And they're always upgrading their technology.

Stealthier and more advanced skimmers include "shimmers," which wedge inside ATM slots to read data from chip-enabled cards. Bluetooth capabilities aid transmission of stolen data to the bad guys. "Criminals are moving faster to make it harder for banks to react and shut down the compromises," Horan says. The

crooks also exploit the fact that cards with secure computer chips still have vulnerable magnetic strips. And updating ATMs with new readers like those at retail stores (in which payment cards are inserted rather than swiped) is time-consuming and expensive.

"Most domestic ATMs still require, or at least accept, cards with magnetic strips, and this allows fraudsters to counterfeit cards at ATM locations," Horan adds.

Your defense against skimming

Go to the bank. Although not immune to skimming, ATMs at banks are typically more secure—with their own 24/7 camera surveillance—and better maintained. Machines at convenience stores and other non-bank locations account for the majority of ATM compromises. Inspect before using. Beware of ATMs whose card slots are a different color than the rest of the machine; have unusual equipment on the slot, keypad or sides, or overhead (which could hide a camera); or don't accept your card smoothly. If the slot is not securely attached, walk away. Newer ATMs have a flashing or steady light at the card slot. If it's obscured, suspect tampering.

Hide it. When entering a PIN, cover your hand as you press the numbers to protect personal information.

Keep close tabs on all payment cards. As with credit cards, most banks offer real-time alerts via text message or email on debit card transactions. Create a separate account. Open a smaller account, separate from your primary checking account, and use it exclusively for debit card transactions. If the account is skimmed, the lower balance would limit your losses.

Lower your daily limit. Banks generally set a daily limit for ATM withdrawals, but you can request to have the amount of the limit reduced—say, \$100 or less per day—to prevent scammers from making successive withdrawals within minutes.



Me and the car

I got in the car and turned the key and there on the dash board was a red light flashing warning me the car needed a 30,000 mile servicing. This reminded me that maybe I need a check up to see about my 86 year mileage gauge. I know I need a joint oiling, a thin bone check-up and a lot of other things, but right now I forgot what they are. But my mind is still ok?? —Beverly Byington 2014



Beginning July 1st donations for congregate meals will be \$3.00.

Approved by BRAG—Bear River Agency on Aging.

Medicare Part A-Covered Services

What Part A Covers

Medicare Part A (Hospital Insurance) covers most medically-necessary inpatient hospital, skilled nursing facility, home health, and hospice care. Medicare Part A benefits are either administered directly by the federal government through Original Medicare or by private insurance companies through Medicare Advantage Plans (sometimes called Part C). Medicare Advantage Plans must cover the same services as Original Medicare, but each plan has its own coverage policies and costs. If you have a Medicare Advantage Plan, contact your plan to learn about your hospital care costs and your plan's coverage rules.

Inpatient hospital care

Part A covers hospital care if you are formally admitted as an inpatient and includes:

A semi-private hospital room and meals
Most medications administered during your hospital stay

General nursing

Equipment the hospital provides for you to use during your hospital stay

Note: Being in the hospital under observation status is not the same as being an inpatient, and observation services are billed under Part B.

Skilled nursing facility (SNF) care

Part A covers SNF care if:

You have been a hospital inpatient for three consecutive days prior to your SNF stay

You entered a Medicare-certified SNF within 30 days of leaving the hospital

You need skilled nursing care seven days per week or therapy at least five days per week

Part A covers:

Semi-private room and meals
Skilled nursing care
Therapy
Medications
Medical supplies and equipment
Medical social services and dietary counseling
Ambulance transportation when medically necessary

Part A covers home health care if:

You are considered homebound, meaning that you need special equipment, like a wheelchair or walker, or another person's help to leave home.

You need skilled nursing services and/or therapy

You have a face-to-face meeting with a health care professional within 90 days before receiving home care or 30 days after beginning to receive care

Your doctor certifies a plan of home health care every 60 days

You receive care from a Medicare-certified home health agency

Note: An absence from home to receive health care

does not disqualify you for Medicare's home health coverage. Some other infrequent or short absences, such as attending a wedding or funeral, may also be allowed.

Part A covers:

Intermittent skilled nursing care—intermittent means you need care as little as once every 60 days to as much as once per day for three weeks

Physical and speech therapy

Durable medical equipment (DME) and medical supplies

Medical social services

Home health aide services

Occupational therapy, if you need skilled care or other therapies

Hospice care

Part A covers hospice care for terminal illnesses and related conditions if:

Your doctor certifies that you are terminally ill (your life expectancy is six months or less)

You sign a statement electing hospice care instead of curative care

You receive care from a Medicare-certified hospice agency

Part A covers:

Doctor services and nursing care
Physical and occupational therapy
Short-term inpatient care
Short-term respite care
Hospice aide and homemaker services
Drugs for pain management or symptom control
Grief and loss counseling

Note: Part A covers hospice services related to your terminal illness. These services are covered under Original Medicare, even if you have a Medicare Advantage Plan. There is no deductible for hospice care, however there are small copayments for outpatient drugs and inpatient respite care.

Medicare— Lower your Prescription Drug Costs!

If your monthly income is not more than \$1,460 for singles (\$1,967 for couples) and your assets are not more than \$13,300 for singles (\$26,580 for couples), you may be eligible for EXTRA Help, a federal program that helps you pay some or most of the costs of Medicare prescription drug coverage (Part D). Assets include bank accounts, stocks, bonds, 401k etc. Giselle and Kristine are SHIP counselors here at the Center and can help you with your needs. Please call for an appointment and inquire about applying for the Extra Help.

Delicious Baby Back Ribs

Ingredients

3 pounds pork back ribs, cut into serving size pieces

BBQ Sauce

16 oz tomato sauce

4 oz tomato paste

1/2 cup water

1/4 cup apple cider vinegar

8 Tablespoons Brown Sugar

1/2 Tablespoon fresh ground pepper

1/2 tablespoon onion powder

1/2 tablespoon ground mustard

1/2 tablespoon garlic powder

1/2 tablespoon lemon pepper

4 1/2 tablespoon Worcestershire sauce

1 teaspoon Tabasco Sauce

Directions

Preheat oven to 350 degrees F

(175 degrees C). Cut spareribs

into serving size portions, wrap in double thickness of foil, and bake for 1 1/2 hours.

Unwrap, and drain drippings. Place ribs in a large roasting pan. Meanwhile, stir the BBQ ingredients in a saucepan. Bring to a simmer over medium-high heat; reduce heat to medium-low and simmer uncovered, stirring frequently, until thickened, about 30 minutes. Coat ribs with sauce and marinate at room temperature for 1 hour, or refrigerate overnight.



Preheat grill for medium heat. Position grate four inches above heat source.

Brush grill grate with oil. Place ribs on grill, and cook for 30 minutes, basting with marinade.



Nutritional Benefits

Pork is naturally low in salt and a rich source of good quality protein. It is also a good source of several vitamins and minerals needed for good health including iron, zinc, some of the B group vitamins, selenium and phosphorus. **Protein:** Lean pork is a great source of protein in your diet. A 100g portion of pork provides you with about half of the protein you need in the day.

Fat: There are many different cuts of pork with varying fat contents. The leanest of these contain in the region of 6% fat (6g per 100g meat). When trimmed, pork contains more unsaturated fat than saturated fat. Conjugated linoleic acid (CLA) is another type of fat found in meat. Scientists are interested in its potential health benefits in the areas of cancer and heart health. Choose the leanest cuts of pork and trim away any visible outside fat before cooking.

Use low-fat cooking methods such as roasting, grilling, stir-frying or barbecuing. Eat reasonable portion sizes. One serving of pork, 100g, is the size of a deck of cards or a computer mouse.

Iron: Pork is a good source of the easily absorbed form of dietary iron. A 100g portion of pork provides you with 15% of your daily requirement of iron. **B12:** Lean pork is a rich source of B12. A 100g portion of pork provides you with 70% of your daily requirement of the vitamin! **Zinc:** A 100g portion of pork provides you with more than 30% of your daily requirement of zinc. Most non meat eaters consume less zinc than recommended and most meat eaters consume enough.

Have You Or Someone You Know Served in the Military?

You may be eligible to receive veteran's benefits as a veteran or a widower of a veteran. Benefits may include:

- Health Care
- In-home Services
- Low Income Pension
- Veterans Disability Claim
- Home Modification
- Assistance with Payment for Nursing Home or Assisted Living Care
- Burial and Memorial Benefits
- Special Compensation for Spouses if the Veteran Died of a Service Connected Disability

Help and information about these benefits and others are available through Bear River Association of Governments (BRAG). Call their veteran's specialists, Deborah Crowther at 713-1462 or Alyson Frederick at 713-1469, to schedule an appointment.

**America's
got Talent**

AND BOY DO OUR SENIORS GOT TALENT!!

Come enjoy the singing, dancing, and seeing unique talents of our Seniors here at the Senior Center.

Seniors Got Talent Competition!

Friday July 29th 12:15

All are invited to participate. Come and share your wonderful talents with us! Questions? Please call Giselle 755-1720 or Amy 754-0223



July 2016

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9:00 Fitness Room 9:00 Quilting 9:00 Pool Room 9:10 Line Dancing 10:15 Tai Chi 11:15 Sit-n-be-fit/ Pickle Ball 12:30 Jeopardy 1:00 Bridge	9:00 Fitness Room 9:00 Quilting 9:00 Pool Room 9:00 Ceramics 9:30 Wii Bowling 1:00 Movie 	9:00 Fitness Room 9:00 Quilting 9:00 Pool Room 9:10 Line Dancing 10:15 Tai Chi 10:30 Bingo 11:15 Sit-n-be-fit/ Ping-Pong 1:00 Bridge/Ping- Pong/Pickle Ball	9:00 Fitness Room 9:00 Quilting 9:00 Pool Room 9:15 Clogging 9:30 Wii Bowling 1:30 Spanish 101 	9:00 Fitness Room 9:00 Quilting 9:00 Pool Room 9:10 Line Dancing 10:30 Bingo 11:00 Pickle Ball 11:15 Sit-n-be-fit 1:00 Bridge/Movie/ Internet Help 
4 CLOSED FOR INDEPENDENCE DAY HOLIDAY	5 9:00 Veterans outreach by apt. only 1:00 Movie: Interstellar	6 9:00 Commodities  12:15 Little Bloomsbury: Celebrating 150 Years of Pioneer History	7 1:00 Documentary: Cave of Forgotten Dreams	8 10-12 Blood Pressure  12:15 Lunch & Learn: Estate Planning— Wells Fargo 1:00 Movie: The Lake House
11 9:15 Breakfast Club  12:30 Jeopardy	12 1:00 Foot Clinic by Rocky Mountain Care—By Appt. Only  1:00 Movie: Flight Plan	13 11:15 Cooking Class  11:00 Name That Tune w/Debbie Lee Hosted by ComForCare 1:00 Book Club 	14 12-4 AARP Driver Safety Course  11:00 Back to school w/ Debbie Lee Hosted by ComForCare 1:00 Documentary: The Wolf Pack 1-4 Lawyer Appts. 1:00 Foot Clinic by Rocky Mountain Care—By Appt. Only 	15 10-12 Blood Pressure  12:15 Lunch & Learn: Fall Prevention by Symbii Home Health 1:00 Movie: Count of Monte Cristo
18 9:15 Breakfast Club Hosted by Com-forCare  12:30 Jeopardy	19 9:15 DI Trip  9:00 Veterans outreach by apt. only 1:00 Movie: Everest	20 11:15 Craft w/ Giselle \$1.00 1:00 Foot Clinic by Rocky Mountain Care—By Appt. Only 	21 11:00 Back to school w/ Debbie Lee Hosted by ComForCare 1:00 Documentary: Detropia	22 10-12 Blood Pressure  1:00 Movie: Concussion
25 CLOSED FOR PIONEER DAY HOLIDAY	26 1:00 Foot Clinic by Integrity Home Health—By Appt. Only  1:00 Movie: The Finest Hours	27 	28 10:30 Cards w/ CNS 11:00 Back to school w/ Debbie Lee Hosted by ComForCare 1:00 Red Hat Activity  2:00 Spanish 101	29 10-12 Blood Pressure  12:15 Seniors Got Talent Hosted by Sunshine Terrace 1:00 Movie: The Best Exotic Marigold Hotel



2016

<p>Menus can change with out notice</p>	<p>Non-seniors: \$5.00 must be receipted at front desk before you eat. Don't forget to call in by 3:00 pm the day before you eat. Senior Donation: \$3.00</p>		<p>1</p> <p>Ham Rollups Scalloped Potatoes Green Beans Mixed Fruit Cupcake</p>	
<p>4</p> <p>CLOSED FOR INDEPENDENCE DAY HOLIDAY</p>	<p>5</p> <p>Hawaiian Haystacks with Chicken Gravy Peas Pineapple Wheat Bread</p>	<p>6</p> <p>Spaghetti Italian Veggies Pears Garlic Bread</p>	<p>7</p> <p>Santa Fe Chicken Spanish Rice Corn Peaches Cheese Biscuit</p>	<p>8</p> <p>Sloppy Joes Relish Tray Fruited Jell-O Chips</p>
<p>11</p> <p>Chicken Nuggets Mac & Cheese Peas & Carrots Mixed Fruit Muffin</p>	<p>12</p> <p>Pulled Pork Sandwich Coleslaw Mandarin Oranges Chips</p>	<p>13</p> <p>Baked Potato with Chicken Gravy Carrots Applesauce Bran Muffin</p>	<p>14</p> <p>Hot Roast Beef Sandwich Mashed Potatoes with Gravy Green Beans Pears</p>	<p>15</p> <p>Chicken Alfredo with Noodles California Mix Veggies Peaches Garlic Toast</p>
<p>18</p> <p>Tuna Sandwich Carrot Raisin Salad Apricots Cookie</p>	<p>19</p> <p>Turkey Mashed Potatoes with Gravy Mixed Veggies Tropical Fruit Roll</p>	<p>20</p> <p>Hot Dog Cucumber Salad Fruit Pizza Chips</p>	<p>21</p> <p>Sweet & Sour Chicken Rice Eggroll Brussel Sprouts Pineapple Fortune Cookie</p>	<p>22</p> <p>Ham & Au Gratin Potatoes Capri Veggies Mandarin Oranges Brownie</p>
<p>25</p> <p>CLOSED FOR PIONEER DAY HOLIDAY</p>	<p>26</p> <p>Pork Riblets Party Potatoes Cascade Veggies Pears Wheat Bread</p>	<p>27</p> <p>Club Sandwich Macaroni Salad Orange Fluff Salad Cookie</p>	<p>28</p> <p>Frito Pie Green Salad Tropical Fruit Corn Muffin</p>	<p>29</p> <p>Beef Stroganoff with Noodles Sunshine Carrots Applesauce Biscuit</p>