

Cache County Senior Center

240 N 100 East Logan, Utah 84321
435-755-1720 | Fax: 435-752-9513
Hours: Mon-Fri 9am -4pm
www.CacheCounty.org/Senior
Photo by Mike Bullock



November 2016

November 2nd @ 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

Nov. 4th Relaxation Pain Relief
Hosted by Symbii
Nov. 18th Fraud Prevention
Hosted by BRAG

Shopping Trip—Nov. 22nd
Christmas Shopping Trip and
Lunch at Chuck-A-Rama
Cost: \$3.00 Time: 9:30 am

We will have a Lawyer at the Senior Center on November 10th from 1:00-4:00 please call for an appointment.

The Cache County Senior Citizens Center is located at 240 North 100 East, Logan City and is open Monday through Friday from 9 AM - 4 PM. We offer a broad spectrum of activities and services such as nutrition, health/wellness services, education, information and assistance, transportation, supportive services, creative arts, recreation and volunteer opportunities.

Please stop in and see our Gift Shop We have a wide variety of items and beautiful quilts for sale. All proceeds help to support the Meals on Wheels program.

Directors Message

The Cache County Senior Center is reaching out this month with a special plea for your assistance to help local elementary school age children with mittens, gloves and hats. My daughter is a Kindergarten teacher at Canyon Elementary in Hyrum. Unfortunately many children in the school do not have winter hats, gloves or mittens to go outside and play. It is heart breaking to know that there are children who do not have the right clothing to keep them warm. With the cold winter months coming we hope you will join us in collecting items for those children who really need the help. And with



all of our donations we will be able to have enough items to keep those students warm. Please bring your donations (mittens, gloves, hats – homemade or purchased) to our front foyer placed in a box labeled "Hats & Mittens/Gloves Project 2016". Cash donations are also welcome; we will do the shopping and then put the donated items in the donation box. If we all make a donation we will have an opportunity to help many elementary children in other schools this month. If you would like to join us when we make these deliveries please let us know.

Kristine



Cache County Senior Center Gift Shop



Please take the time and stop by our gift shop that is located at the front of our Senior Center. If you need a gift for a friend, birthday, Christmas, baby or just something for your self - we have it. Winter is coming on so check out our warm quilts. All proceeds go to our Meals on Wheels program.

Thanksgiving Day

by Lydia Maria Child

Over the river and through the wood,
To Grandfather's house we go;
The horse knows the way
To carry the sleigh
Through the white and drifted snow.

Over the river and through the wood,
Oh, how the wind does blow!
It stings the toes,
And bites the nose,
As over the ground we go.

Over the river and through the wood,
Trot fast, my dapple gray!
Spring over the ground,
Like a hunting hound,
For this is Thanksgiving-Day.

Over the river and through the wood,
And straight through the barnyard gate!
We seem to go
Extremely slow,
It is so hard to wait!

Over the river and through the wood;
Now Grandmother's cap I spy!
Hurrah for the fun!
Is the pudding done?
Hurrah for the pumpkin pie!

Good Things To Eat

Turkey Stuffing Bake

- 3 cups chopped cooked turkey
- 1 bag (22 oz.) frozen broccoli florets, thawed and drained
- 1 can (10.75 oz.) cream of chicken soup
- ½ cup sour cream
- 1 ½ cups shredded Swiss cheese (6 oz.)
- 1 package (6 oz.) Betty Crocker™ Homestyle Stuffing turkey flavor
- ¾ cup hot water

Heat oven to 350°F. Spread turkey in ungreased 13x9-inch glass baking dish. Top with broccoli.

In medium bowl, stir together soup, sour cream and cheese; spread over broccoli. In large bowl, stir together stuffing mix and hot water; sprinkle over casserole.

Bake uncovered 35 to 40 minutes or until hot and bubbly.



Fast facts on turkey meat

Here are some key points about turkey meat.

Eighty-five grams of roasted turkey breast contains around **125 calories**.

In contrast, 85 grams of roasted dark turkey meat contains around **147 calories**.

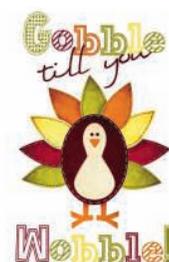
Dark meat of turkey typically contains more **vitamins** and minerals.

Turkey breast meat contains less calories and fat than most other cuts of meat.

Turkey meat contains the mineral **selenium**. Processed turkey meat can have a high sodium content.

Turkey should be cooked until its internal temperature reaches 165 degrees Fahrenheit.

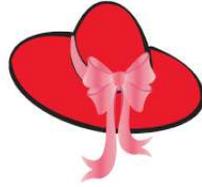
Pasture-raised turkeys typically have higher **omega-3** content than factory-farmed turkeys.



DON'T FORGET TO SIGN UP FOR THESE ACTIVITIES

Red Hat Sassy Sisters

will be meeting on
November 17th at 1:00 pm.
Don't forget your donation of mit-
tens, gloves and hats for Canyon
Elementary in Hyrum.



National Home Care & Hospice Month

Join with us on November 10th at 11:00 am
for a balloon release to celebrate National
Home Care and Hospice Month. Let us
highlight the role of hospice in our lives as
they provided *comfort, love, and re-
spect* to individuals, families and especially
our loved ones at the end of life.



Christmas Shopping Trip

Tuesday, November 22, 2016

Time: 9:30 am

Cost: \$3.00

We are going shopping to Tai Pan's, Gossner's
and Pepperidge Farms and then to lunch at
Chuck-A-Rama. Make sure you bring your
own money for shopping and lunch.
Make reservation at the front desk.

Thanksgiving...

It's not about what's on the table.
It's about what's **around** the table.



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Owner



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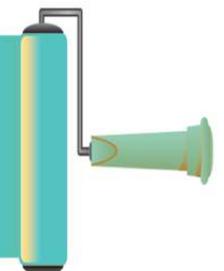
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Who can help if you think you can't afford to enroll in Medicare

Medicare is not free. Most people are required to pay premiums, deductibles and copayments for coverage. But if your income and savings are limited, you may qualify for programs that can eliminate or reduce those costs:

Medicaid: This is the safety-net health program for people with very limited incomes. It is run by the states, and eligibility rules vary from state to state. If you qualify for both Medicare and Medicaid, your out-of-pocket health care costs should be very low.

Medicare Savings Programs: If you qualify for one of the Medicare Savings programs, your state pays your Part B premiums (and maybe Part A premiums as well if you need to pay these) and, in some circumstances, your deductibles and copays.

Extra Help: The Extra Help federal program provides low-cost Part D prescription drug coverage to people whose incomes and savings are under a certain level. If you qualify for full Extra Help, you don't pay premiums or deductibles and your copays are very low. Partial assistance under Extra Help still reduces the costs of drug coverage. To find out if you qualify for any of these programs, and for help in navigating Medicare's options, contact your state health insurance assistance program (SHIP), which provides personal help from trained counselors on all Medicare and Medicaid issues — free of charge.

Having hobbies and leisure activities are truly important. Not only are hobbies fun, but they can refresh the mind and body; assist one in staying healthy, active and happy. It is a proven fact that spending time doing the things that we enjoy can help delay signs of aging and the pleasure in participating can lead to positive feelings that can help fight against some illnesses.

Hobbies and leisure activities can be beneficial in a variety of ways. Take a look at some of these beneficial factors and examples of hobbies based upon the benefits you would like to reap!!

Enhance the Immune System: Being active is great for the body in helping to enhance one's immune system. As a report from Aging Home Health Care states, "Physical activity can help prevent or maintain control in some chronic illnesses such as: heart disease, diabetes, arthritis and even some types of cancer."

Improve Flexibility: Moving can assist in stretching muscles and in turn improve flexibility. Try doing some active hobbies such as these to get moving. Examples: Wii Games, walking, Yoga, stretching, swimming, painting, Tai Chi or dancing.

Improve Memory: Many hobbies will challenge your mental abilities and enhance your problem solving skills. Most hobbies also offer mental stimulation in reference to completing the task. Examples: Word searches, Crossword Puzzles, Brain games, Sudoku or Card games.

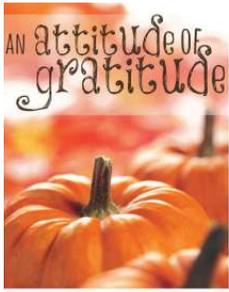
Reduce stress: Most people pursue hobbies because they enjoy them, and many things that we enjoy doing help relieve stress in our lives. Some of these ideas may also help create a calm atmosphere to reduce stress. Examples: Cooking or baking, gardening, taking a walk, singing, reading or playing a musical instrument.

Improve self-esteem: Some hobbies even involve other people which can create social opportunities and improve self-esteem! Examples: Card games, board games, shopping, knitting or scrapbooking.

Better Quality Sleep: Being more active during the day helps create a more restful night's sleep. Just be sure to do more active hobbies earlier in the day so you can be sure to have enough time to wind down before bed.



Medicare
Open Enrollment 2017
October 15, 2016—December 7, 2016
 Appointments available:
 Monday 9:00-2:00
 Tuesday 9:00-3:00
 Wednesday 9:00-2:00
 Make changes to your Advantage plan (Part C) or your stand alone Part D drug plan. Also this is a good time to review your current plan. Call 755-1720



Thinking about all you have to appreciate can boost your happiness and your overall sense of well-being, according to psychologists. (It helps explain why Thanksgiving scores so high among American holidays. It's topped only by Christmas, according to one recent poll.) Feeling and expressing gratitude can make you happy in the moment. Just think back to the joy you felt the last time a friend helped you out or your partner cooked a gourmet dinner. A growing mound of evidence shows that giving thanks can also have a lasting effect on your mood. One study from the University of Pennsylvania found that people who wrote and delivered a heartfelt thank-you letter actually felt happier for a full month after, and the same researchers discovered that writing down three positive events each day for a week kept happiness levels high for up to six months.

So how can you cultivate a growing sense of gratitude and its positive side-benefits on your own? Namely a gratitude journal and some thank-you notes are some of the best ones for boosting gratitude. By writing down positive things that happen to you and actively acknowledging those who have helped you, you become better at recognizing the good in your life, which naturally helps you feel more grateful and thankful more often.

Of course, the actual goal isn't to have a notebook full of your declarations of gratitude, but rather to make gratitude a default feeling. According to researchers at Eastern Washington University, there are four primary characteristics of grateful people, and these are the ones that thank-you notes and a gratitude journal can help tap, strengthen and invigorate. People who experience the most gratitude (and therefore the positive effects) tend to:

- * Feel a sense of abundance in their lives
- * Appreciate the contributions of others to their well-being
- * Recognize and enjoy life's small pleasures
- * Acknowledge the importance of experiencing and expressing gratitude

Whether or not these attitudes come to you naturally, paying attention to life's positives can train you to see more and more of them, which will help you learn to be more grateful. Acknowledging these things—on paper, with words, or even in your thoughts—will help you cultivate an attitude of gratitude—and with it, a boost in happiness that will last year-round. *Jessica Cassity writes about health, fitness, and happiness for publications including Self, Shape, Health, Women's Health, and Family Circle magazines.*

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NOVEMBER 2016

Milk offered daily

Menu subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Taco Casserole Corn Mix Mandarin Oranges Honey Bran Muffin	2 Roast Beef Sandwich Spaghetti Soup Peaches Cookie	3 Grilled Chicken Sandwich Potato Wedges Sunshine Carrots Pears	4 Ham & Au Gratin Potatoes Scandinavian Blend Veggies Cherry Cobbler
7 Tuna Sandwich Turkey Vegetable Soup Apricots Chips	8 Breakfast for Lunch Orange Breakfast Cookie	9 Chicken Alfredo w/ Noodles Capri Veggies Mandarin Oranges Wheat Bread	10 Pork Riblets Baked Potato Broccoli Apple Crisp	11 CLOSED VETERANS DAY 
14 Frito Pie Tossed Salad Tropical Fruit Corn Muffin	15 Spaghetti Italian Veggies Pears Garlic Bread	16 Hawaiian Haystacks Rice Peas Pineapple & Coconut	17 Potato Ham Corn Chowder California Mix Veggies Sliced Apples Homemade Bread	18 Busy Day Steak Mashed Potatoes w/ Gravy Mixed Veggies Pears Muffin
21 Chicken Nuggets Mac & Cheese Malibu Blend Veggies Mandarin Oranges	22 Swiss Steak Baked Potato Cascade Veggies Peaches Biscuit	23 Chicken Salad Sandwich Split Pea Soup Grapes Cookie	24 CLOSED	25 CLOSED 
28 Chicken Fried Steak Mashed Potatoes w/ Gravy Capri Veggies Peaches	29 Pork Burrito Southwest Eggroll Mexicali Mix Veggies Mixed Fruit	30 Meatloaf Cheesy Potatoes Peas & Carrots Pears Pumpkin Pie Cake	<i>Our doors open at 9:00 a.m. and we close at 4:00 p.m. Please make a reservation to eat by 3:00 p.m. and if you need a ride to the Senior Center call by 3:00 p.m. for a seat on the bus the next day.</i>	

For those 60+ and their spouse the suggested donation is \$3.00

Don't forget to call in by 3:00 p.m. the day before you eat.

The full cost of the meal is \$5.00 for those under age 60. Please pay at the front desk to receive your meal.

NOVEMBER 2016

Monday	Tuesday	Wednesday	Thursday	Friday
	1 1:00 Movie: My Dream is Yours	2 9:00 Commodities	3 10:00 Mahjong 1:00 Documentary: Wild Europe	4 10-12 Blood Pressure 12:15 L&L: Symbii— Relaxation Pain Relief 1:00 Movie: Bundle of Joy
7 9:15 Breakfast Club Hosted by Symbii 12:30 Jeopardy	8 9-12 VA Outreach 1:00 Foot Clinic by Rocky Mountain Care—By Appt. Only 1:00 Movie: Diana	9 11:15 Cooking Class \$1.00 1:00 Book Club	10 10:00 Mahjong 11:00 Balloon Release 1-4 Lawyer Appts. 1:00 Foot Clinic by Rocky Mountain Care—By Appt. Only 1:00 Documentary: Hello I'm David	11 CLOSED 
14 9:15 Breakfast Club 12:30 Jeopardy	15 1:00 Movie: Mrs. Miracle	16 11:15 Craft \$1.00 Hosted by Sunshine Terrace 1:00 Foot Clinic by Rocky Mountain Care—By Appt. Only	17 10:00 Mahjong 10:30 Cards with CNS 1:00 Red Hat Activity 1:00 Documentary: Conversation w/ Gregory Peck	18 10-12 Blood Pressure 12:15 L&L: BRAG— Fraud Prevention 1:00 Movie: The Intern
21 9:15 Breakfast Club 12:30 Jeopardy	22 9:30 Shopping Trip 1:00 Foot Clinic by Integrity Home Health—By Appt. Only 1:00 Movie: Zootopia	23	24 CLOSED	25 CLOSED
28 9:15 Breakfast Club 12:30 Jeopardy	29 9-12 VA Outreach 1:00 Movie: Call Northside 777	30	 	

Monday
 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

Tuesday
 9:00 Fitness Room
 9:00 Quilting
 9:00 Pool Room
 9:00 Ceramics
 9-12 Painting Group
 9:30 Wii Bowling
 1:00 Movie

Wednesday
 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
 1:00 Bobbin Lace

Thursday
 9:00 Fitness Room
 9:00 Quilting
 9:00 Pool Room
 9-12 Painting Group
 9:15 Clogging
 9:30 Wii Bowling
 1:30 Spanish 101

Friday
 9:00 Fitness Room
 9:00 Quilting
 9:00 Pool Room
 9:10 Line Dancing
 9:30 Adult Coloring
 10:30 Bingo
 11:00 Pickle Ball
 11:15 Sit-n-be-fit
 1:00 Bridge/Movie/
 Internet Help

5 Ways to Prevent Pneumonia in the Elderly

As the weather gets colder and wetter, we start to hear a lot about flu season — but it’s also important to stay informed about another infection that’s potentially dangerous for senior citizens: Pneumonia. Pneumonia can originate from bacteria, viruses and other causes, but regardless of the cause of infection, it is one of the most common ailments in older adults.

1. Know the Symptoms of Pneumonia in the Elderly
There are challenges to the diagnosis of pneumonia in seniors because they may not suffer the classic symptoms like fever, chills and cough, according to the Infectious Disease Clinics of North America. Keep an eye out for non-respiratory symptoms like weakness, confusion, delirium or dizziness, or other more vague symptoms — especially in those with dementia or Alzheimer’s disease, which can impair the accurate reporting of pneumonia symptoms.

2. Practice Good Hygiene Habits
Ordinary respiratory infections, colds and influenza can sometimes lead to pneumonia; the Mayo Clinic advises that you wash your hands regularly or use hand sanitizer to help prevent the spread of these illnesses. Make sure you avoid others who are ill, whether it’s routine illnesses like colds, flu and respiratory infections.

3. Make Sure Seniors Get Immunized
The Mayo Clinic and the National Heart, Lung and Blood Institute advise seniors at risk for pneumonia to get vaccinated against bacterial pneumococcal pneumonia. It’s a one-time vaccine that can prevent or reduce the severity of pneumonia. Your doctor may also suggest a booster vaccine after 5 years.

4. Don’t Smoke
Smoking is a major risk factor for pneumonia — it greatly increases a person’s likelihood of getting the disease, because it harms the ability of the lungs to defend against infection.

5. Stay in Good General Health
Make sure you follow appropriate nutrition guidelines for seniors, as well as getting plenty of rest and physical exercise.



GOBBLE GOBBLE

by Lynn Beaird

A turkey is a funny bird,
His head goes wobble, wobble.
He knows just one funny word
Gobble, gobble, gobble.

Bench Warrant Scam

There is a new scam going on in Cache County.

Several citizens have received a phone call (possible Caller ID says Sheriff’s Office) where the caller identifies himself as Lt. Frank

**SCAM
ALERT**

Rogers from the Cache County Sheriff’s Office. Frank Rogers is NOT a real employee at the Sheriff’s Office. The caller is attempting to get people to pay over the phone by leaving them a call back number which answers with a prerecorded message attempting to mimic the Sheriff’s Office.

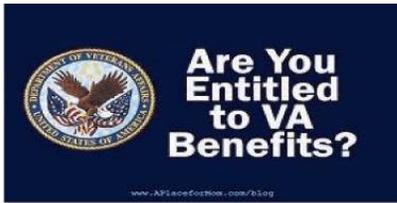
The Sheriff’s office will NEVER take payment over the phone or accept money transfers for Civil Bench Warrants. Civil Bench Warrants from the Sheriff’s Office will come ONLY from local courts. You must come into the Sheriff’s Office in person and pay with cash, money order or Cashier’s Check. If you receive a similar call, please hang up! Remember to never give out personal information (social security number, bank account numbers, etc.) over the phone.

Sheriff Jensen says, “I am concerned for all of our citizens and hope to inform everyone about these scams so that you do not become a victim.

Please spread the word to your neighbors, especially the elderly, and those who do not use social media, for they often become the victims of money scams.”

Please remember to never give out personal information (social security number, bank account numbers, etc.) over the phone.





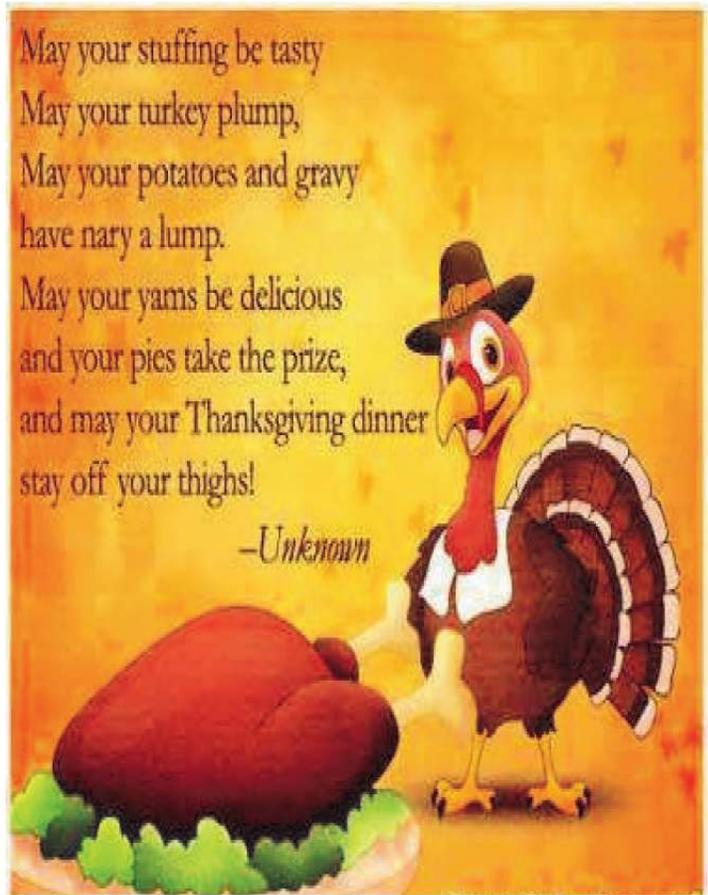
Larry Dawson from the VA will be at the Cache Senior Citizens Center to assist you with all of your benefit needs on November 8th from 9:00-12:00 and November 29th from 9:00-12:00.

Please call 435-713-1462 to schedule an appointment.

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



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Pre-arranged funerals can be arranged to cover funeral costs so that no financial burden remains.

For a free consultation, call (435) 752-3245



Mensaje de Directora

El Cache County Senior Center extiende la mano este mes con una súplica especial para su asistencia para ayudar a los niños en edad primaria local con mitones, guantes y sombreros. Mi hija es una maestra de Kindergarten en la escuela primaria en Hyrum Cañón. Lamentablemente muchos niños en la escuela no tienen gorritos de invierno, guantes o mitones para salir y jugar. Se rompe el corazón saber que hay niños en cualquier lugar que no tienen la ropa adecuada para mantenerse calientes este invierno. Con los meses fríos de invierno próximos, esperamos que se unan a nosotros en la recolección de artículos para aquellos niños que realmente necesitan ayuda. Y con toda nuestras donaciones podremos tener suficientes donaciones para mantener los estudiantes calentitos.

Por favor traiga sus donaciones (guantes, gorros - casero o comprado) delante de nuestra propia foyer colocados en una caja etiquetada "Gorros y Guantes Proyecto 2016". Las donaciones en efectivo también son bienvenidas; vamos a hacer las compras y luego poner los artículos donados en la caja de donación. Si todos hacemos una donación que tendremos la oportunidad de ayudar a muchos niños de primaria en otras escuelas este mes. Si quieres unirte a nosotros cuando hacemos estas entregas, por favor háganoslo saber.

Kristine



**We have started an
Adult Coloring Club.**

**It is held on Friday
mornings at 9:30-10:30,
just before BINGO.**



FRAUDE Y ESTAFAS

Estafa de una fianza

Hay una nueva estafa en el Condado de Cache. Varios ciudadanos han recibido una llamada de teléfono (posiblemente el caller ID dice oficina del Sheriff) donde la persona que llama se identifica como el teniente Frank Rogers de la oficina del Sheriff del Condado de Cache. Frank Rogers no es un empleado real en la oficina del Alguacil. La persona que llama está intentando que la gente pague sobre el teléfono dejándolos un número de la rellamada automática que contesta con un mensaje pregrabado que intenta imitar la Oficina del Alguacil.

**SCAM
ALERT**

La oficina del Sheriff NUNCA tomará el pago sobre el teléfono o aceptará transferencias de dinero para Autorizaciones. Las Autorizaciones del Banco civiles de la Oficina del Sheriff SÓLO vendrán de tribunales locales. Debe entrar en la Oficina del Sheriff en la persona y pagar por dinero efectivo, giro postal o Cheque de caja. ¡Si recibe una llamada similar, por favor cuelgue! Acuérdesse de presentar nunca la información personal (número de seguridad social, números de cuentas bancarias, etc.) sobre el teléfono.

Sheriff Jensen dice: "Estoy preocupado por todos los ciudadanos y esperamos informar a todos sobre estas estafas para que no seas una víctima. Por favor notifica a sus vecinos, especialmente los ancianos, y aquellos que no utilicen los medios de comunicación social, que a menudo se convierten en víctimas de fraudes de dinero". Por favor recuerden nunca da su información personal (número de seguro social, números de cuentas bancarias, etc.) por teléfono.

Medicare Inscripción abierta 2017 October 15, 2016—December 7, 2016

Citas disponibles:
Lunes 9:00-2:00
Martes 9:00-3:00
Miércoles 9:00-2:00

Si tiene que hacer cambios en su plan de Parte C o su plan de la medicina de la Parte D independiente. También esto es un tiempo bueno para examinar su plan corriente.

Llame 755-1720

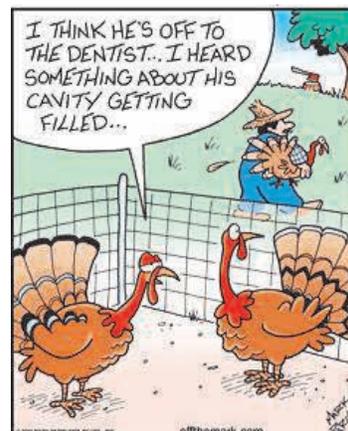
Quién puede ayudar si usted piensa que no puede inscribirse en Medicare

Medicare no es gratis. La mayoría de las personas están obligadas a pagar las primas, deducibles y copagos para la cobertura. Pero si su ingreso y sus ahorros son limitados, usted puede calificar para programas que pueden eliminar o reducir esos gastos :

Medicaid: Este es el programa de salud de la red de seguridad para las personas con ingresos muy limitados. Está dirigido por los Estados, y reglas de elegibilidad varían de estado a estado. Si usted califica para Medicare y Medicaid, sus gastos de atención médica deben ser muy bajos.

Programas de ahorros de Medicare: Si usted califica para uno de los programas de ahorros de Medicare, su estado paga sus primas de la parte B (y tal vez parte A primas así si usted tiene que pagar estos) y, en algunas circunstancias, deducibles y copagos.

Extra Help: El programa federal de ayuda adicional proporciona cobertura para medicamentos recetados parte D bajo costo a personas cuyos ingresos y ahorros están bajo un cierto nivel. Si usted califica para ayuda adicional completo, usted no paga primas o deducibles y copagos de sus son muy bajos. Asistencia parcial bajo ayuda adicional todavía reduce los costos de cobertura de medicamentos. Para averiguar si califica para cualquiera de estos programas y ayuda en la navegación de opciones de Medicare, comuníquese con su programa estatal de seguro de salud asistencia (nave), que proporciona ayuda personal de consejeros en temas todos Medicare y Medicaid, sin costo alguno.





Word Search

W	G	E	W	G	E	W	G	H	T	L	A	E	H	E
A	N	Q	G	N	Q	P	O	L	I	T	E	S	N	Q
P	V	W	L	R	W	Y	V	W	L	V	W	R	V	G
P	H	A	O	H	A	O	A	A	O	H	A	E	H	N
R	G	I	P	G	I	T	G	D	P	G	I	N	S	I
E	J	O	I	C	O	I	E	O	I	J	O	N	S	V
C	G	T	H	A	N	K	S	F	K	L	P	A	E	I
I	N	H	T	R	L	S	I	L	U	I	O	M	N	G
A	I	A	C	I	Q	D	P	Q	A	L	Y	H	D	S
T	V	N	E	N	A	N	O	A	O	L	A	A	N	K
E	I	K	P	G	Z	E	I	Z	I	I	T	I	I	N
E	G	F	S	U	S	I	U	M	E	I	S	E	K	A
R	Y	U	E	Y	X	R	A	X	R	Y	X	R	Y	H
F	T	L	R	T	D	F	T	D	F	T	D	F	T	T
C	R	J	C	R	E	D	U	T	I	T	A	R	G	J

See how many of these newspaper related words you can find in the puzzle.
The words can be forward, backward or diagonal.

Created by Sue Liedlauf
Grand Forks Herald 2012

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|-----------------|--------------|----------------|--------------|
| 1. GIVING | 5. GRATEFUL | 9. FAMILY | 13. RESPECT |
| 2. THANKS | 6. GRATITUDE | 10. FRIENDS | 14. THANKFUL |
| 3. THANKSGIVING | 7. KINDNESS | 11. HEALTH | 15. POLITE |
| 4. HOLIDAY | 8. CARING | 12. APPRECIATE | 16. MANNERS |