

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



August 2017

August 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

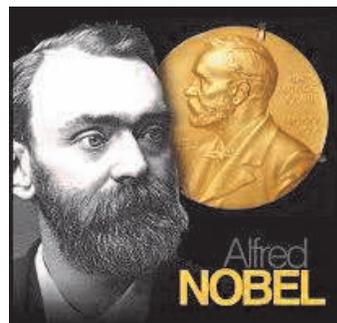
August 4th—Northern Utah
Rehab Hospital

Larry Dawson from the VA will assist you with all of your benefit needs on August 15th and August 29th from 9:00-12:00. Please call Deborah Crowther at 435-713-1462 to schedule 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.



About a hundred years ago, a man looked at the morning newspaper and to his surprise and horror, read his name in the obituary column. The newspapers had reported the death of the wrong person by mistake. His first response was shock. Am I here or there? When he regained his composure, his second thought was to find out what people had said about him. The obituary read, "Dynamite King Dies." And also "He was the merchant of death." This man was the inventor of dynamite and when he read the words "merchant of death," he asked himself a question, "Is



this how I am going to be remembered?" He got in touch with his feelings and decided that this was not the way he wanted to be remembered. From that day on, he started working toward peace.

His name was Alfred Nobel and he is remembered today by the great Nobel Prize. Just as Alfred Nobel got in touch with his feelings and redefined his values, we should step back and do the same.

What is your legacy?
How would you like to be remembered?
Will you be spoken well of?
Will you be remembered with love and respect?
Will you be missed?

Cache County Senior Citizens Center



Please stop by our gift shop that is located at the front of our Senior Center. If you need a gift for a friend, birthday, holiday, baby or just something for yourself we have it. We have beautiful hand sewn quilts. All proceeds go to our Meals on Wheels program.

On a daily basis, transportation is available for programs at the Senior Center, and any appointment as long as it is located within the town limits. Appointments can be medical (doctor visit, physical therapy, lab visit, etc.) Appointment times preferred between 10:00 am and 11:30 am or between 2:00 pm and 3:00 pm.

Beginning August 2nd, the center bus will be driving to Smithfield every Wednesday to pick up Smithfield residents. Please call the day before and reserve your spot!

Transportation is provided regardless of ability to pay. However, donations are gratefully accepted. Please do not give any money to the drivers – all donations are to be brought into the Senior Center office.

*For a ride to the Center please call by 3:00 pm the day before.

To schedule a ride to a medical appointment please call as soon as possible, preferably, one week in advance.



Good Things To Eat

Corn, Avocado and Tomato Salad

Serves: 4-6 servings

2 cups cooked corn, fresh or frozen

1-2 avocados, cut into ½-inch cubes

1 pint cherry or grape tomatoes, halved

½ cup finely diced red onion

Dressing:

2 tablespoons olive oil

½ teaspoon grated lime zest

1 tablespoon fresh lime juice

¼ cup chopped cilantro

¼ teaspoon salt

¼ teaspoon pepper



Combine the corn, avocado, tomatoes and onion in a large glass bowl. Mix together the dressing ingredients in another bowl, pour over the salad, and gently toss to mix. Chill salad for an hour or two to let flavors blend.

Notes:

Fresh corn is really best to use here. Cut it off the ear and boil it for 3-4 minutes to cook it and for even more flavor grill it and get those nice toasty kernels!

1. High in omega-3.
2. Rich in oleic acid.
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10. Helps control appetite.
11. Flexible ingredient.

MAMAVATION
CHANGING LIVES ONE MOM AT A TIME

Medicare

How does the Marketplace affect my Medicare coverage?

If you are eligible for Medicare, you do not use the Marketplace to get health and drug coverage. It is illegal for someone to try to sell you a Marketplace plan if they know you are eligible for or enrolled in Medicare. The only exception is if you pay a premium for Part A or you have End-Stage Renal Disease (kidney failure that requires dialysis or transplant). If you pay a premium for Part A or have ESRD, you can enroll in a Marketplace plan instead of Medicare.

You do not use the Marketplace to buy a:

Medicare Advantage Plan

Part D prescription drug plan

Medicare supplemental insurance (also known as Medigap)

If you are currently enrolled in a Marketplace plan, you should most likely drop the Marketplace plan and enroll in Medicare when you are first eligible.

There are a few reasons why.

If you do not enroll in Medicare when you are first eligible, you may have a late enrollment penalty when you sign up later. You may also experience gaps in health insurance coverage.

Marketplace plans do not work with Medicare. If you keep your Marketplace plan, it may not cover you once you are eligible for Medicare.

Once you are eligible for premium-free Medicare Part A, you will no longer be eligible to receive cost assistance for your Marketplace plan. Although you may keep your Marketplace plan after becoming eligible for Medicare, it can be very expensive without cost assistance.



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Service Animals



The Senior Center has received inquiries about service animals. **Service animals** are defined as dogs that are individually trained to do work or perform tasks for people with disabilities. Examples of such work or tasks include guiding people who are blind, alerting people who are deaf, pulling a wheelchair, alerting and protecting a person who is having a seizure, reminding a person with mental illness to take prescribed medications, calming a person with Post Traumatic Stress Disorder (PTSD) during an anxiety attack, or performing other duties. Service animals are working animals, not pets. The work or task a dog has been trained to provide must be directly related to the person's disability. Dogs whose sole function is to provide comfort or emotional support do not qualify as service animals under the ADA. Where Service Animals Are Allowed Under the ADA, State and local governments, businesses, and nonprofit organizations that serve the public generally must allow service animals to accompany people with disabilities in all areas of the facility where the public is normally allowed to go. An example of this would be hospital ; it would be inappropriate to exclude a service animal from areas such as patient rooms, clinics, cafeterias, or examination rooms. However, it may be appropriate to exclude a service animal from operating rooms or burn units where the animal's presence may compromise a sterile environment.

Service Animals Must Be Under Control

Under the ADA, service animals must be harnessed, leashed, or tethered, unless these devices interfere with the service animal's work or the individual's disability prevents using these devices. In that case, the individual must maintain control of the animal through voice, signal, or other effective controls. What if a service animal barks or growls at other people, or otherwise acts out of control?

You may exclude any animal, including a service animal, from your facility when that animal's behavior poses a direct threat to the health or safety of others. For example, any service animal that displays vicious behavior towards other guests or customers may be excluded. You may not make assumptions, however, about how a particular animal is likely to behave

based on your past experience with other animals. Each situation must be considered individually. Although a public accommodation may exclude any service animal that is out of control, it should give the individual with a disability who uses the service animal the option of continuing to enjoy its goods and services without having the service animal on the premises.

*** Does the animal need to have any certification or documentation, or wear a vest or tag, to identify it as a service animal?** No, there is no ADA requirement that the owner carry any certification papers showing that the animal is a service animal.

*** If the service animal doesn't require a special tag, certification papers, or other identification, how can we determine if it is a legitimate service animal?**

There are two questions that may be asked:

1. Is the animal required because of a disability?
2. What task or service has this animal been trained to do?

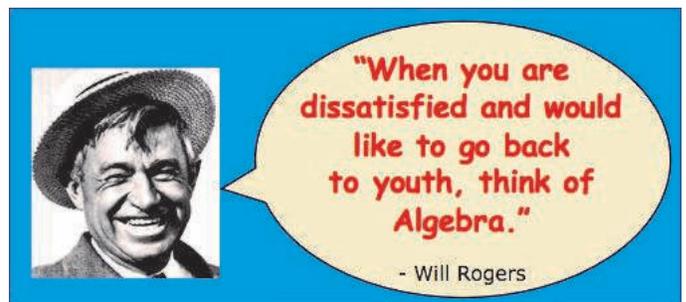
One cannot ask: What is your disability? This is confidential information. Even if the service animal will not perform its task or service in the store, it is entitled to enter.

When can a service animal owner be asked to remove their animal from the premises?

A service dog's professional behavior and good grooming are necessary for it to be protected under the ADA.

An individual may be asked to remove his or her service animal if it:

- Makes a mess on the floor
- Bites or jumps on another patron
- Wanders away from its owner



The Cache County Senior Citizens Center would like to thank United Way and their continued partnership. United Way has partnered with the



Senior Center for over 35 years. They are one of our greatest supporters. United Way has helped us keep seniors off a waiting list for Meals On Wheels. Meals On Wheels is a critical service that helps our home bound senior citizens of Cache County stay in their home as they are aging by providing a nutritious meal daily. The Cache County Senior Citizens Center would like to thank United



Way and their continued support.

Health

Balance

The CDC reports that every year, 2.5 million older Americans are treated in emergency departments for injuries caused by falls. For older adults, even minor injuries can have serious consequences. Yoga and similar exercises help improve balance as well as flexibility. Also, doing a few basic exercises to improve your balance may come in handy the next time you step off a curb awkwardly or try to sit down on a moving train or bus.

Try this simple exercise to help improve your balance:

1. Stand directly behind a sturdy chair, such as a dining room chair that

won't tip easily.

2. Rest one hand on the back of the chair and the other hand on your hip.
3. Lift your right leg, bending the knee slightly.
4. Hold your leg up for a count of 10. Relax for a moment.

Then do nine more repetitions on that side, before switching legs and repeating on the other side. As your balance improves, you can do the same move without

resting your hand on the back of a chair.



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Home Care

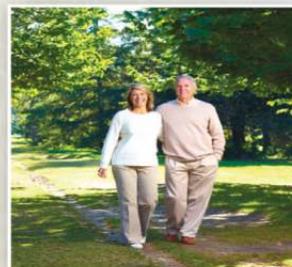


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Our professional, caring staff understand people are more comfortable and heal more rapidly in their own homes.

Home Health Care Services are performed under the supervision of your physician. Services are available 24 hours a day to meet your needs and schedule.

Medicare, Medicaid, and many insurance companies cover home health services. In addition, many social service organizations and agencies can help pay for home health care services.



- Living happier
- Living healthier
- Living more independently

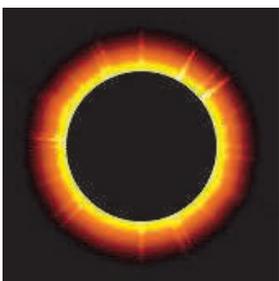
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AUGUST 2017

Monday	Tuesday	Wednesday
<p>With the new lay out please remember to look to the right hand side where you will see all of the daily activities</p> 	<p>1 9:00 Zumba Gold 9:15 Living with Chronic Pain Class 1:00 Movie: Astronaut Farmer</p>	<p>2 9:00 Commodities 10:30 Breakfast & Bingo hosted by The Gables</p>
<p>7</p> 	<p>8 9:00 Zumba Gold 1:00 Foot Clinic by Rocky Mtn Care 1:00 Movie: 50 First Dates</p>	<p>9 11:15 Cooking Class \$1.00 12-4 AARP Driver Safety Course 1:00 Book Club</p>
<p>14 10:30 Poker hosted by ComForCare</p>	<p>15 9-12 VA Outreach 9:00 Zumba Gold 1:00 Movie: Matchstick Men</p>	<p>16 11:15 Craft with Giselle \$1.00 1:00 Foot Clinic by Rocky Mtn Care</p>
<p>21</p>	<p>22 9:00 Zumba Gold 1:00 Foot Clinic by Integrity Home Health—Charge of \$10.00 1:00 Movie: His Girl Friday</p>	
<p>28 9:15 Bear River Publishing Printing Press Tour</p>	<p>29 9-12 VA Outreach 9:00 Zumba Gold 1:00 Movie: My Fair Lady</p>	<p>30</p>



Join us as we head to Clark Planetarium in Salt Lake City on August 17th. The planetarium is looking forward to a total eclipse on the 20th of August. They will have a video presentation for us on the 17th of August titled The Sun Rebuild. Admission is \$7.00 save your spot with a RSVP \$5.00. Dutch Lunch at the City Creek Food Court.

Bear River Publishing Printing Press tour August 28th. Don't forget to reserve your spot \$3.00 at the front office.



AUGUST 2017

Thursday	Friday
3 9:00 Zumba Gold 10:30 Cards with CNS 1:00 Documentary: The Truth in the Stars	4 10-12 Blood Pressure 11:15 Sit-n-be-fit 12:15 Lunch & Learn: Northern Utah Rehab Hospital 1:00 Movie: Minority Report
10 9:00 Zumba Gold 10:30 Out to Lunch Bunch & The County Fair Trip 1:00 Foot Clinic by Rocky Mtn Care 1:00 Documentary: Frank Sinatra	11 10-12 Blood Pressure 10:30 Bingo hosted by Symbii 11:15 Sit-n-be-fit 1:00 Movie: Meet Me in St. Louis
17 9:00 Clark Planetarium Field Trip 9:00 Zumba Gold 1:00 Documentary: Ken Burns: The West	18 10-12 Blood Pressure 11:15 Sit-n-be-fit 1:00 Movie: La La Land
24 9:00 Zumba Gold 10-12:30 Hobby Table w/ Susan 1:00 Red Hat Activity	25 10-12 Blood Pressure 10:30 Nails with Symbii 11:15 Sit-n-be-fit 1:00 Movie: Sweet Home Alabama
31 9:00 Zumba Gold 1:00 Documentary: Given	 We're having a Ball this Summer!

Out to Lunch Bunch

Mark Your calendar... The Cache County Fair and Rodeo will be held August 10-12! What better place to have lunch than the fair!! Join us as we spend the day at the county fair, August 10th, RSVP \$3.00 for a ride on the Bus. You will be responsible for your own Lunch where you can choose from the many different food vendors!



Monday

9:00 Fitness Room
 9:00 Quilting
 9:00 Pool Room
 9:10 Line Dancing
 9:15 Breakfast Club
 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

Thursday

9:00 Fitness Room
 9:00 Quilting
 9:00 Pool Room
 9-12 Painting Group
 9:15 Clogging
 9:30 Wii Bowling
 10:00 Mahjong
 2:00 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

AUGUST 2017

Milk offered daily

Menu subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><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.</i></p>	<p>1 Spaghetti w/ Meatballs Mixed Veggies Tossed Salad Breadstick</p>	<p>2 Chicken Jambalaya Sautéed String Beans Pears </p>	<p>3 Lasagna Italian Veggies Fruit Salad Roll</p>	<p>4 Cheese Burger Pie Key Biscayne Veggies Strawberry Upside-Down Cake</p>
<p>7 French Toast Eggs Sausage Mixed Fruit</p>	<p>8 Philly Cheese- Sloppy Joes Crinkle Fries Grape Salad</p>	<p>9 Salmon Loaf Tossed Green Salad Berry Crisp Roll</p>	<p>10 Shredded Pork Burrito Refried Beans Mexican Coleslaw Pineapple</p>	<p>11 Chicken Fried Steak Mashed Potatoes w/ Gravy Sun Kissed Carrots Pears</p>
<p>14 Fish and Chips Coleslaw Honey Lime Fruit Salad </p>	<p>15 Taco Casserole Spanish Rice Chuck Wagon Corn Fresh Melon</p>	<p>16 Chicken Pineapple Rice Pilaf Japanese Veggies Fruit Tapioca Pudding</p>	<p>17 Tuna Noodle Casserole Green Salad Berry Jell-O Salad Roll</p>	<p>18 Baked Salmon w/ Parmesan Herb Crust Quinoa Vegetable Mix Peach Cobbler</p>
<p>21 Chicken Cordon Bleu Lasagna Tossed Green Salad Peach Cobbler</p>	<p>22 Swedish Meatballs w/ Egg Noodles Garlic Toast Carrot Cake</p>	<p>23 Stuffed Pork Loin Pasta Salad Apricot Crisp</p>	<p>24 Turkey Pot Pie Glazed Carrots Pineapple Upside-Down Cake </p>	<p>25 Salmon Cakes Rice Pilaf Green Salad Fruit Cocktail Delight</p>
<p>28 Cheesy Vegetable Soup Chicken Salad Sandwich Fruit cup</p>	<p>29 Ham Macaroni & Cheese Steamed Broccoli Peaches and Pears Cake </p>	<p>30 Baked Chicken Stuffed Potatoes Peas Banana Cream Pie</p>	<p>31 Sweet N' Sour Pork Fried Rice Fruited Chinese Cabbage Salad</p>	<p><i>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></p>

Lunch is served from 12:00 noon to 1:00 p.m. 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.

FRAUD AND SCAMS

Fake debt collectors will say anything that will scare you into paying them. Today, the FTC stopped imposters who pretended to be lawyers. They threatened people with lawsuits and jail time to collect debts that didn't exist.

**SCAM
ALERT**

These imposters often used the names of real small businesses or names that were very similar to those of existing businesses. When these real businesses started receiving calls from people trying to reach the "debt collectors" or complaining about abusive practices, they realized that their businesses' name was being used in a scam. So they filed complaints with the FTC.

Fake debt collectors try many tricks to get you to pay. This advice will help you handle debt collectors' calls:

If a debt collector says you owe a debt, before you agree to pay anything ask for a validation notice that says how much money you owe. By law, they have to send you a validation notice in writing, within five days of contacting you. If they don't, that is a sign that you are dealing with a fake debt collector.

If a debt collector threatens you with jail time, hang up the phone. They're violating the law and you should report them.

If you own a small business, it might be a good idea to research online occasionally to check if anyone else is using your business name. And if you start receiving complaints about practices that your business is not engaged in, you need to report it.

—by Rosario Méndez, Attorney, Division of Consumer and Business Education



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PLAN AHEAD

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Mensaje de Directora

Hace unos cien años, un hombre miró el periódico de la mañana y para su sorpresa y horror, leyó su nombre en la de columna del obituario. Los periódicos habían informado de la muerte de la persona equivocada. Su primera respuesta fue shock. Estoy aquí o allá? Cuando recobró su compostura, su segundo pensamiento fue para averiguar lo que la gente había dicho acerca de él. El obituario decía, "El Rey Dinamita Muere." Y también "fue el comerciante de la muerte". Este hombre fue el inventor de la dinamita y cuando leyó las palabras "comerciante de la muerte", se preguntaba a sí mismo una pregunta: "¿Así voy a ser recordado?" Él se puso en contacto con sus sentimientos y decidió que ese no era el camino que quería ser recordado. A partir de ese día, empezó a trabajar en pro de la paz. Su nombre era Alfred Nobel y él es recordado hoy por el gran premio Nobel. Justo como Alfred Nobel se puso en contacto con sus sentimientos y redefinió sus valores, debemos reflexionar en misma manera.

¿Cuál es su legado?

¿Cómo le gustaría ser recordado?

Será usted hablado bien de?

¿Será recordado con amor y respeto?

Será usted extrañado?



Never underestimate the power of dreams and the influence of the human spirit. We are all the same in this notion: The potential for greatness lives within each of us.

— Wilma Rudolph —

AZ QUOTES

FRAUDE Y ESTAFAS

Cobradores de deudas falsas dirán cualquier cosa que se va asustar a pagarles. Hoy, la FTC detiene impostores que pretendían ser abogados. Amenazaron a la gente con demandas y tiempo en la cárcel para cobrar deudas que no existen.

Estos impostores utilizan los nombres de los verdaderos pequeños negocios o nombres que eran muy similares a los de las empresas ex-

istentes. Cuando estos negocios real comenzaron a recibir llamadas de personas que intentan llegar a los "cobradores de deudas" o quejarse de las prácticas abusivas, se dieron cuenta de el nombre de sus empresas se utilizaba en una estafa. Por lo que presentaron quejas ante la FTC.

Falsos cobradores de deudas tratan muchos trucos para que puedas pagar. Este Consejo le ayudará a manejar llamadas de cobradores de deudas:

si un cobrador de deudas dice una deuda, antes de que usted acuerda en pagar cualquier cosa pedir un aviso de validación que dice cuánto dinero debes. Por ley, tienen que enviarle un aviso de validación por escrito, dentro de los cinco días de contactarle. Si no, es una señal de que se trata de un falso cobrador.

Si un cobrador de deudas le amenaza con penas de cárcel, colgar el teléfono. Está violando la ley y debe denunciarlo.

Si tienes un pequeño negocio, podría ser una buena idea a la investigación en línea de vez en cuando para comprobar si alguien más está usando nombre de su negocio. Y si empiezas a recibir quejas sobre las prácticas que su empresa no se dedica a necesita denunciarlo.

—by Rosario Méndez, Attorney, Division of Consumer and Business Education

**SCAM
ALERT**

MEDICARE

Si usted es elegible para Medicare, usted no utiliza el Marketplace para conseguir la cobertura de salud y de medicamentos. Es ilegal que alguien intente venderte un plan del market place, si saben que son elegibles para recibir o inscritos en Medicare. La única excepción es si usted paga una prima para la parte A o si usted tiene enfermedad renal terminal (insuficiencia renal que requiere diálisis o trasplante). Si usted paga una prima para la parte A o con enfermedad renal terminal, puede inscribirse en un plan del Marketplace en lugar de Medicare.

No usa el Marketplace para comprar:

Plan Medicare Advantage

Parte D plan de prescripción de medicamentos

Medicare Seguro complementario (también conocido como Medigap)

Si está actualmente matriculado en un plan del Marketplace, debería probablemente terminar el plan del Marketplace e inscribirse en Medicare cuando primeramente son elegibles.

Hay algunas razones.

Si no se inscribe en Medicare cuando eres primero elegible, usted puede tener la penalización por inscripción tardía al registrarse más tarde. También puede experimentar los lapsos en la cobertura de seguro de salud.

Planes del Marketplace no trabajan con Medicare.

Si usted mantiene su plan del Marketplace, no podrán cubrirte una vez usted es elegible para Medicare.

Una vez que son elegibles para las primas libres de la parte A de Medicare, usted ya no será elegible para recibir asistencia para su plan del Marketplace. Aunque puede mantener su mercado plan después de ser elegible para Medicare, puede resultar muy caro sin costo de asistencia.



Serendipity is putting a quarter in the gumball machine and having three pieces come rattling out instead of one—all red.

Peter H. Reynolds

Low Income Abatements

The purpose of the low income abatement (also known as the circuit breaker or the homeowner's tax credit program) is to provide general property tax relief to certain poor taxpayers who have income below statutorily mandated levels (see financial portion of form) and who own their residence. Any permanent resident providing their own financial support who is 66 years of age in the year of application or is a surviving spouse that meets the household income requirements is eligible. This is an annual application and must be filed by September 1st. With the dead line approaching please note on your calendars and notify any friends and family that can use some assistance through these programs.

There are several programs where housing tax assistance may be given. The first is called – “**Circuit Breaker.**” This is for seniors over 66 (or Widows or Widowers of any age) still living in their home with income less than \$32,101.

To qualify individuals must:

- Be 66 or over – Or a Widow or Widower of any age.
- Live in their home – with ownership matching their name(s).
- Have income from all sources less than \$32,101.

(Supporting statements from each individual source for 2016 are required and a December 2016 bank statement showing all deposits is also required. An alternative is to provide a 2016 Federal Tax return.)

If the home is in a trust – Trust Documents showing that the trust is revocable and the owner has the ability to amend, revoke or change the trust must be provided. If there are changes to the trust, additional documents would be required.

An additional area where we can mutually assist is a “Blind Exemption.” (There are no age or income restrictions for this.)

Individual is legally blind in both eyes, or obtain a signed statement by a licensed ophthalmologist verifying there is no more than 20/200 visual acuity in the better eye when corrected.

Each of these listed above need to be filled out ANNUALLY BEFORE SEPTEMBER 1st.

Another area where assistance can be given - is for those who have served in the armed forces AND have a SERVICE RELATED PERCENTAGE OF DISABILITY. To qualify individuals must:

- File an application with Cache County – Same application as Circuit Breaker, but income and some questions are omitted. Please call and we can advise.
- Record with the County your Discharge papers (Usually – DD FORM 214)
- Provide proof of Medical Disability with forms issued by the Veteran’s Association

Additional assistance is handled based on need and hardship. For these instances, please have individuals start with the Circuit Breaker application and contact either the Cache County Treasurer’s office at 435-755-1500 or the Cache County Auditor’s office at 435-755-1706.

Our office welcomes calls at any time. Forms for tax relief can be found on the County’s website under the Auditor tab. <https://www.cachecounty.org/auditor/abatement/property-tax-relief.html>

The Treasurer’s office employees are here to assist, but the approval and requirements are done by the Auditor.