

Cache County Senior Center September 2021

Photo by Mike Bullock



**Commodities
Pick up
Tuesday, September 7
from 1pm - 3pm**

**The center will be
closed September 6th—
Labor Day observance**

**Are you
interested in getting
your Flu Shot? We
have partnered with the
Bear River Health
Dept. They will be here
September 24th
11 am– 1pm**


**Fight
the
Flu**
It starts with you

Yoga Class

EVERY THURSDAY
AT 11:00AM
STARTING
SEPTEMBER 16TH

Seated and Floor available
Please bring your own mat



@reallygreatsite

TRIPLE GREENS FRITTATA

A frittata is an Italian omelet but, unlike the French

version, you don't have to figure out how to do that funky half-flip with the eggs in the pan. Frittatas bake, and in Italy they're often eaten at room temperature: they really are a good on-the-go food. The eggs are also a great binder for the greens, which include kale, chard, and spinach. Add some red bell pepper, marjoram, thyme, and feta, and you've got a super protein hit for lunch on the go—just the thing to keep your brain working optimally throughout the day.

2 tablespoons extra-virgin olive oil
1/2 cup diced red bell pepper
Sea salt
2 cloves garlic, minced
Pinch of red pepper flakes
1 cup tightly packed, finely chopped kale
2 cups tightly packed, finely chopped chard
2 cups tightly packed, finely chopped spinach
Freshly grated nutmeg
10 organic eggs
2 scallions, minced
2 tablespoons chopped fresh marjoram
1 tablespoon chopped fresh thyme
1/4 teaspoon freshly ground black pepper
2 ounces crumbled feta



Preheat the oven to 375°F. Lightly oil a 6 by 8-inch baking dish.

Heat the oil in a large skillet over medium heat. When it's shimmering, add the bell pepper and a pinch of salt and sauté for 3 minutes. Add the garlic and red pepper flakes and sauté until fragrant, another 30 seconds or so. Stir in the kale and another pinch of salt and continue to sauté for 5 minutes. Add the chard and spinach, and one more pinch of salt, sautéing until the greens are wilted and tender, about 5 minutes more. Remove from the heat and add a few gratings of nutmeg, stirring to combine.

Whisk the eggs, scallions, marjoram, thyme, 1/2 teaspoon of salt, and the pepper together in a large bowl. Lay the cooked greens along the bottom of the prepared dish and top them with the crumbled feta. Pour the egg mixture over and bake until the eggs are just set, 25 to 30 minutes.

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<https://www.rebeccakatz.com/blog/cooking-for-one>

Resources

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 \$1,561.00 a month (\$2,113 for married couples), and your assets are below \$14,390 (\$28,720 for married couples) you may qualify for the "Extra Help" program. It could reduce your prescription costs for generics and for brand-name drugs. Contact Giselle or Colby for an appt. 755-1720

Transportation Vouchers

Clients can be reimbursed for travel costs to doctor appts. and or other medical care. This is a needs based program. Call BRAG to schedule an assessment and see if you qualify for this program that can reimburse friends and family for taking you to your Dr. appts. 752-7242.

VA Benefit Program

A representative from the VA will assist you with all of your benefit needs. Please call Deborah Crowther at 435-713-1462.

Dentist and Medicaid

Aged, Blind and Disabled Medicaid covers dental services. There are currently 10 providers in Cache County. Please see last page for a full list of providers.

Medicare Cost Sharing Program

Medicare Savings Programs help low-income 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 beneficiaries with the cost of prescription drugs. Contact Giselle or Colby for an appt. 755-1720.

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Medicare



Dear Marci

Dear Marci,

My physician is offering telehealth appointments for patients who would prefer not to visit the office. I am interested, but will Medicare cover these telehealth appointments?

-Emi (Tucson, AZ)

Dear Emi,

In short—yes! Medicare is currently covering telehealth appointments with providers who accept Medicare. Let's discuss some of the details:

A telehealth service is a full visit with a provider using telephone or video technology that allows for both audio and video communication. Usually, Original Medicare only covers telehealth in limited situations:

You live in a rural area and travel from your home to a local medical facility to get telehealth services.

You require telehealth services to treat behavioral health conditions, including substance use disorder. You have the option of accessing telehealth services from your home or from a medical facility.

You require telehealth services to diagnose, evaluate, or treat symptoms of acute stroke. You have the option of accessing telehealth services from your home or from a medical facility.

During the current public health emergency, however, Medicare has expanded coverage and access to telehealth.

During the emergency period, Medicare covers your hospital and doctors' office visits, behavioral health counseling, preventive health screenings, and other visits via telehealth in settings that include your home. Telehealth services can also be used for the face-to-face visits required for Medicare coverage of home health care and hospice care. Standard cost-sharing may apply. For example, those with Original Medicare owe a \$203 Part B annual deductible and a 20% coinsurance for most medical services. If you have a Medicare Advantage Plan, you should contact your plan to learn about its costs and coverage rules.

Caregiver Academy

Caregiver Academy

The Caregiver Academy assists caregivers in learning essential skills.

6-Part Series with Workshops that include:

-Find Caregiver Resources

-Compassion Fatigue

-Setting Good Boundaries

-In-Home and Facility Based Care Choices

-Coping with Difficult Behaviors

-Involving Family

Every Monday @ 2:00 PM starting September 23

Register at the front office or by calling 435-755-1720



**SUPPORT THE
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*that Support
our Community!*



September

Monday

Tuesday

Wednesday



**PREPARED,
NOT SCARED**



National Preparedness Month

1
10:00 Photography Class
11:30 **Field Trip: Canoeing at Cutler Marsh**



**Holiday:
Senior Center Closed**

7
10:00 Breakfast Club
12:10 **Lunch & Learn: Dr. Robert Young, Dermatologist**
1:00 **Commodities Pickup**

8
10:30 Sewing Group



13
11:00 Craft w/ Colby
12:30 Jeopardy
2:00 Caregiver Academy

14
10:00 Adult Coloring
12:10 **Lunch Music: Lyndi Perry**
1:30 Bingo

15
10:00 Photography Class
11:00 **Out to Lunch Bunch: The Rusted Spoon**

20
2:00 Caregiver Academy



21
8:30 **Field Trip: Natural History Museum of Utah**
1:00 **Class: Living Well with Chronic Conditions**

22
12:10 **Lunch & Learn: Sue Ordonez, on Hearing Loss**
1:00 **Hearing Loss Information Session**

27
2:00 Caregiver Academy

28
10:00 Adult Coloring
11:00 Bingo
1:00 **Class: Living Well with Chronic Conditions**
1:00 **Movie: Night at the Museum**

29
12:10 **Lunch Music: Todd Milovich**
2:00 Book Club



September

| Thursday | Friday | |
|--|---|--|
| <p>2 10:30 Class: Stepping On (Fall Prevention) 10:30 Wii Bowling 1:00 Mahjong</p> | <p>3 11:00 Blood Pressure 12:10 Lunch & Learn: Will Lusk, County Emergency Manager</p> | <p>Monday 8:30 Fitness Room 8:30 Pool Room 8:30 Library 10:00 Writers Group 11:00 Quilting 11:00 Line Dancing 12:15 Bridge 1:00 Tai Chi</p> |
| <p>9 10:00 Poker 10:30 Class: Stepping On (Fall Prevention) 1:00 Cribbage</p> | <p>10</p> <div data-bbox="846 577 1016 802" data-label="Image"> </div> <p>1:00 Technology and You 101</p> | <p>Tuesday 8:30 Fitness Room 8:30 Pool Room 8:30 Ceramics 8:30 Library 11:00 Quilting 1:00 Knotty Knitters</p> |
| <p>16 11:00 Yoga 10:30 Class: Stepping On (Fall Prevention) 10:30 Wii Bowling 1:00 Mahjong</p> | <p>17 11:00 Cooking Class 11:00 Blood Pressure</p> | <p>Wednesday 8:30 Fitness Room 8:30 Pool Room 8:30 Library 11:00 Quilting 11:00 Line Dancing 12:15 Bridge 1:00 Tai Chi</p> |
| <p>23 11:00 Yoga 10:30 Class: Stepping On (Fall Prevention) 12:30 Red Hats</p> | <p>24 11:00 Flu Shot Clinic (until 1:00pm) 1:00 Technology and You 101</p> <div data-bbox="544 1438 1055 1921" data-label="Image"> </div> | <p>Thursday 8:30 Fitness Room 8:30 Pool Room 8:30 Ceramics 8:30 Library 11:00 Quilting 12:15 Bridge 1:00 Knotty Knitters 2:30 Clogging</p> |
| <p>30 11:00 Yoga 10:30 Class: Stepping On (Fall Prevention) 1:00 Be Red Cross Ready (preparedness presentation)</p> | This cell is covered by the illustration from the previous row | <p>Friday 8:30 Sit & Be Fit 8:30 Fitness Room 8:30 Pool Room 8:30 Library 10:00 Painting Group 11:00 Quilting 11:00 Line Dancing 1:00 Tai Chi 2:15 Meditation Group</p> |

6 Ways to Boost Your Immune System If You're Over 65

If you're over age 65, here's what you can do to strengthen your immune system and prevent the flu and its complications:

1. Get a flu vaccination - An annual flu vaccination can reduce your risk of infection by 40 to 60 % the flu virus changes from year to year, so you'll need to repeat vaccination each year. When you get a flu vaccine, also ask your doctor about pneumococcal vaccines to protect against pneumonia and meningitis.
2. Eat a healthy diet - Eating a healthy, nutrient rich diet is another way to boost your immune system so that it can fight off viruses. This includes eating a diet rich in fruits and vegetables, which contain vitamins and antioxidants to promote good health.
3. Get active - Strenuous physical activity can become harder with age, but that doesn't mean you should stop moving completely. Regular physical activity can strengthen your immune system and help your body fight off infections and viruses. Aim for at least 30 minutes of physical activity for three days a week.
4. Get plenty of sleep - Sleep deprivation also reduces the effectiveness of the immune system. Sleep becomes more important with age because it also helps improve brain function, concentration, and memory.

5. Maintain a healthy weight - If you're overweight, increasing physical activity and adjusting your diet can also help you shed excess pounds. This is important because carrying too much weight has a negative impact on your immune system.
6. Spend time outdoors - Vitamin D also helps strengthen the immune system. Spending additional time outdoors allows your body to naturally convert vitamin D from sun exposure. The amount of sun exposure to get the vitamin D you need will depend on your skin tone. Some people need as little as 15 minutes, whereas others may need up to two hours.

The takeaway - the flu is a potentially dangerous virus for people ages 65 and older. It's important that you take steps to strengthen your immune system to avoid a cold and flu. Still, influenza isn't always preventable, so see a doctor immediately if you develop any symptoms.

Adopted By: Healthline Flu symptoms include coughing, runny nose, fever, chills, body aches, and headache. Symptoms can be mild or severe and typically last from one to two weeks. The flu might not cause serious problems for some, but there's a risk for complications in those ages 65 and older. The reason for this is because older adults tend to have a weaker immune system.

Retired & Senior Volunteer Program



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a week



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(RSVP)

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Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|---|
| | | 1 French Dip Sandwich Broccoli Salad Pears | 2 Beefy Taco Salad Roasted Corn Tropical Fruit | 3 Chicken Zucchini Casserole Rice Pilaf Waldorf Salad Berries and Cream <i>*Option for Vegetarian</i> |
| 6 CLOSED FOR LABOR DAY HOLIDAY | 7 Sliced Turkey Mashed Potatoes Roasted Veggies Apple Crisp Wheat Roll | 8 Hot Dogs Creamy Cucumber Salad Watermelon Chips | 9 Parmesan Chicken Roasted Veggies Peaches Garlic Toast <i>*Option for Vegetarian</i> | 10 Chef's Choice |
| 13 Lemon Pepper Cod Rice Pilaf Cascade Veggies Lemon Pudding w/ fruit | 14 Chicken Strips Mac & Cheese Green Beans Fruit Cocktail | 15 Chef's Choice | 16 Teriyaki Chicken Brown Rice Asian Veggies Mandarin Oranges Fortune Cookie | 17 Mushroom Pork Chops Au Gratin Potato Pea's & Carrots Fresh Fruit |
| 20 Turkey Steak Mashed Potatoes Buttered Peas Cranberry Salad | 21 Clam Chowder Lemon Arugula Salad Spiced Pears Fluffy Biscuit <i>*Option for Vegetarian</i> | 22 Apricot Chicken Malibu Veggies Fresh Fruit Dinner Roll | 23 Chef's Choice | 24 Meat Loaf Italian Veggies Diced Peaches Breadstick |
| 27 Club Sandwich Pineapple & Banana Cole slaw Cookie | 28 White Chicken Chili Sunshine Carrots Peaches | 29 Salmon Carrot & Parsnip Mash Apple Sauce Raspberry/Banana Muffin | 30 Chicken Caesar Salad Cherry Crisp <i>*Option for Vegetarian</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.

Field Trip & Craft

Join us for

CANOEING

around Cutler Marsh with
Common Ground Outdoor Adventures

**September 1st,
leaving from the
senior center at
11:30am**

\$2 BUS FEE
\$5 ACTIVITY FEE
PLUS YOUR USUAL LUNCH
DONATION FOR A SACK LUNCH



YOU'RE INVITED TO

Craft with Colby

MONDAY, SEPT 13TH
AT 11:00AM

RSVP AT FRONT DESK OR
CALL 755-1720
\$1.00



Are you 65 years or older?
With no major neurophysiological illness?
Currently in good physical health?



Institutional Review Board Approved: IRB-7963
Primary Investigator: Dr. Dave Dolan
Dave.dolan@usu.edu

If so, you may be eligible to participate in the USU study to observe the effects of neural control on balance. As part of the study, you will take part in a 2 hour session, completing balance tasks to study how the nervous system prevents falls. If eligible, you will be compensated for your time.

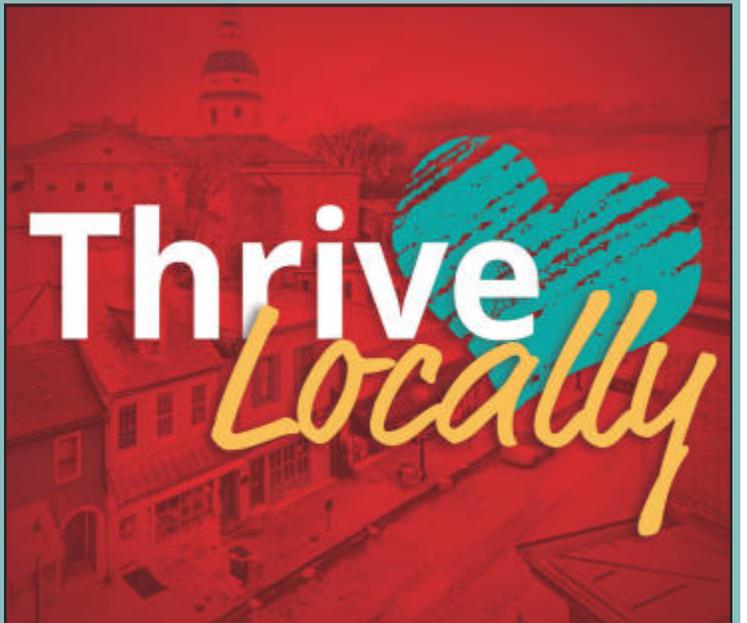
If interested, please contact Anne Beethe
anne.beethe@usu.edu
Office: (435)-797-0272

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Thrive Locally



Medicare OPEN ENROLLMENT

You can make changes to your Medicare coverage each year during Medicare's Open Enrollment Period, which runs October 15 to December 7. Around September, you will start to receive notices with information about any changes to your coverage for the coming year. It is important to read and understand these notices, as they can help you decide if you should make changes to your coverage during Medicare's Open Enrollment Period.

First, know where to find general information about what Medicare covers.

If you are enrolled in Medicare, you should receive the 2022 Medicare & You handbook in the mail in September. If you do not receive the handbook, you can call 1-800-MEDICARE and request that a copy for your region be mailed to you. You can also download the general handbook at www.medicare.gov. If you have Original Medicare, you can find out about Original Medicare benefits in the handbook. The hard copy of Medicare & You also includes a list of private Medicare health and drug plans available in your area. These plans must cover the same benefits listed in Medicare & You, but their costs and coverage will vary. You can also contact your local State Health Insurance Assistance Program (SHIP) for help understanding your coverage or Medicare notices.

It is also important to understand your Annual Notice of Change and Evidence of Coverage

If you have a Medicare Advantage Plan or a Part D prescription drug plan, you should receive a notice called an Annual Notice of Change (ANOC) and an Evidence of Coverage (EOC). Your plan should send you these notices by September 30. If you do not receive these notices, contact your plan to request copies.

Continued on page 14



MEDICARE MARKETING VIOLATIONS

As Fall Open Enrollment begins, you will likely start receiving mail from different insurance companies about the plans they offer.

You should know, though, that companies must follow certain rules when marketing their plans.



A plan cannot use language that suggests their plan is preferred by Medicare

A plan cannot call or email you if you did not ask them to do so or if you have no prior relationship with them



A plan cannot leave information like flyers or door hangers on your car or at your home if they came from a company that did not have an appointment with you

This document was supported, in part, by grant numbers 905ATC0002 and 90MPC0002 from the Administration for Community Living (ACL), Department of Health and Human Services, Washington, D.C. 20201.

Activities

**Out to Lunch Bunch
is visiting...**



in Perry, UT

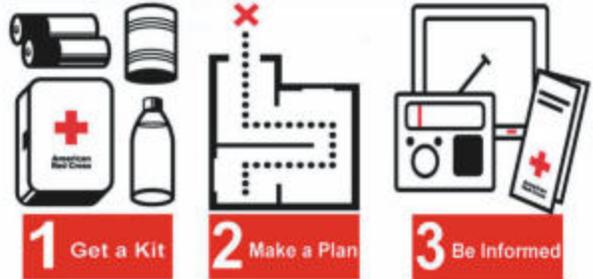
Wednesday, September 15th

Leaving from the senior center at 11am

\$5 bus fee

Be Red Cross Ready

Get a Kit. Make a Plan. Be Informed.



A free Red Cross preparedness class will be taught at the senior center on September 30th at 1pm

The program is designed to help you understand, prepare for and respond appropriately to disasters.



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Medicare OPEN ENROLLMENT

These notices list any changes for your plan in 2022. There are three kinds of changes to look for in an ANOC or EOC. First, look for changes to your plan's costs for the upcoming year. Costs such as deductibles and copayments can change each year. For example, your plan may not have had a deductible in 2021 but could have one in 2022. Second, look for changes to the plan's network. Plan provider networks can change each year, which means your doctor may not be in your plan's network for 2022. If you see an out-of-network provider, your plan may not cover any of the cost of your care, so you should see if your providers and pharmacies will still be in network in 2022. And third, look for changes to the plan's formulary, which is the list of drugs the plan covers. Formulary changes can happen from year to year, meaning your drug may not be covered in 2022 even if it was covered in 2021. Even if it is still on the plan's formulary, the cost of your drug may have changed. After reading about the changes to your coverage for 2022, decide whether your plan will still be able to meet your needs in the upcoming year.

As you receive these notices, look out for any problems with your plan.

In October, plans leaving the Medicare program in the coming year send out a Plan Non-Renewal Notice to people enrolled in the plan. If you receive this notice, you should take action to make sure you are covered in 2022. You can choose to enroll in a new Medicare Advantage Plan or Part D prescription drug plan during Medicare's Open Enrollment Period, which again is October 15 through December 7. You can also enroll in a new plan up until the last day in February of the following year. You will be disenrolled from your previous plan starting January 1, though, so if you do not pick a new plan by then you will likely experience a gap in coverage until you enroll in a new plan. In late October, Medicare also sends a Consistent Poor Performance Notice to people enrolled in a plan that has received a low rating on quality and performance for three or more years in a row. A low rating is three stars or fewer out of five. The notice encourages you to look at other plan options in your area.

Throughout this time, beware of marketing violations or manipulative enrollment tactics.

As Medicare's Open Enrollment Period begins, you will likely start receiving mail from different insurance companies about the plans they offer. You can use this marketing information to compare your options. You should know, though, that companies must follow certain rules when marketing their plans. These guidelines are in place to protect you from manipulative sales and enrollment tactics. For example, a plan cannot use language that suggests their plan is preferred by Medicare. They also cannot call or email you if you did not ask them to do so. Plans should additionally not leave information like flyers or door hangers on your car or at your home if they came from a company that did not have an appointment with you. When contacting plans, remember that you should take your time to review your choices and make an informed decision. If you believe a company has violated Medicare marketing rules or is using manipulative sales tactics, you can call your SMP Senior Medicare Patrol (SMP) to report the incident. SMPs empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect and report health care fraud, errors, and abuse.

Noontime Presentation

September Lunch & Learn Series

All presentations start at
12:10 in the Cafeteria

- Sept 3rd: Will Lusk, County Emergency Manager, on Preparedness
- Sept 7th: Dr. Robert Young, Dermatologist, on skin care
- Sept 22nd: Sue Ordonez, on Hearing Loss, and Hearing Aids

Lunch Music

September 14th: Lyndi Perry
*indie singer/songwriter, folk rock,
uplifting*

September 29th: Todd Milovich
old timey jazz and blues

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MEDICAID DENTIST

There are many different programs with in Medicaid. Recently the state of Utah added dental benefits for individuals who have a certain kind of Medicaid called Aged, Blind and Disabled Medicaid or ABD. Below is a list of all the dental providers in Cache County for ABD Medicaid.

ABD Medicaid works with Medicare. It pays your Part B premium, your Part B deductible and your co-insurance or co-pays for you.

To qualify for ABD you must meet certain income and asset guidelines. The maximum income for an individual is \$1,073 and for a couple is \$1,452. The maximum amount of assets are 2,000 for an individual and 3,000 for a couple. If you make a little more then that or have a bit more savings you may still be eligible for Medicare Savings Programs that help with some costs of Medicare. Any questions reach out to Giselle or Colby and we would be happy to help enroll 435-755-1720

| | | | | | | | | | |
|--------------|-----|---|------------------------|-----------|-------------|----|-------|-------|--------------|
| Anderson | DDS | Gregory E. Anderson, PC | 1395 North 400 East | Suite B | Logan | UT | 84341 | Cache | 435-755-5000 |
| Schvaneveldt | DDS | Ridge View Smile Care | 398 South Main Street | Suite 120 | Logan | UT | 84321 | Cache | 435-752-1434 |
| Peery | DDS | Samuel L. Peery Family Dentistry | 30 North 100 East | | Logan | UT | 84321 | Cache | 435-752-1362 |
| Thornley | DDS | Thornley Dental, P.C. | 104 East 200 North | | Logan | UT | 84321 | Cache | 435-752-9662 |
| Gehring | DDS | Cache Valley Pediatric Dentistry | 1624 North 200 East | Suite 100 | Logan | UT | 84341 | Cache | 435-752-4330 |
| Olsen | DDS | Cache Valley Community Health Center Dental | 1515 North 400 East | Suite 104 | Logan | UT | 84341 | Cache | 435-755-5061 |
| Peery | DMD | Cache Valley Community Health Center Dental | 1515 North 400 East | Suite 104 | Logan | UT | 84341 | Cache | 435-755-5061 |
| Johnson | DDS | Thomson Orthodontics | 1624 North 200 East | Suite 120 | Logan | UT | 84341 | Cache | 435-752-1320 |
| Fryer | DDS | Dr. Doug's Pediatric Dentistry | 211 East 1250 North | Suite 110 | Logan | UT | 84341 | Cache | 435-792-3033 |
| Matson | DMD | Logan Oral Surgery | 3125 North Main Street | Suite 103 | North Logan | UT | 84341 | Cache | 435-754-7130 |