

Cache County Senior Center March 2022

Photo by Mike Bullock



Commodities
March 1st
12:45pm-3pm

Remember that
Daylight Saving is
March 13th.

Dealing with
Dementia Workshop
March 8th-3pm
March 15th-3pm



SHRED EVENT
March 18th
11:00 am to 2:00 pm

Happy Spring

Happy Spring everyone! This is my favorite time of year. I have a core memory of throwing my coat off and running around the school playground the first day all the snow melted. I loved feeling the warm sun on my skin and being free of the heavy coat!

As we begin this month I encourage you to join us as we launch a new exercise group, Walk with Ease. With the warm weather finally here, walking and moving our bodies will sure do us some good! I am also going to be teaching a workshop, Dealing with Dementia. If you are a caregiver or know of someone who is filling this role, please share this information.

Our ultimate goal is for all who enter this center to feel welcomed. My goal has always been to create a center in which the joy and happiness is seen on your faces. We all come from different backgrounds, life experiences and skill sets in communication. To help all who enter and participate a "code of conduct" is the guide that we follow to assure that we all are "playing in the sandbox" with respect. I encourage you to review this (back page of newsletter) and please reach out if there are any questions. All are welcome to participate and enjoy our services. It is when there are discords and misunderstandings that the code of conduct becomes important to prevent friction amongst participants.

Cordially,
Giselle Madrid

Message from Executive



By David Zook, Cache County Executive

Where We're Going We DO Need Roads!

In the 1989 film *Back to the Future Part II*, Doc tells Marty, “Roads? Where we’re going, we don’t need roads.” While we in Cache Valley are zooming into the future at what seems like more than 88 miles per hour, flying cars are still too far away for us to stop worrying about roads. Where we are going, we will need roads. More roads, wider roads and roads that work better.

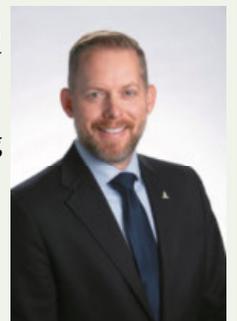
Did you know we added more than 20,000 people to our population in the past decade? While more than 17,000 of those, or 85%, were our own kids and grandkids, those kids are becoming drivers and our roads are becoming more congested. If we don’t act, and act now, we will watch that growth overburden our transportation system. Something we are already seeing on Main Street.

Roads and traffic issues have been the issues I've heard about from Cache County residents more than any other since my election a year ago. This is also the issue on which I would say we’ve made the most progress in the past year. Last year, we secured or distributed more than \$72 million in funds for road projects, including \$52 million for Main Street improvements. The other \$20+ million was allocated to dozens of projects in communities throughout Cache County. This is the most money ever awarded for such projects in a year. Our trails program has also been incredibly successful in working with our local communities on trail projects and we helped them secure a total of \$1.4 million for trail projects around the valley.

In addition to securing and/or allocating funds for all of those projects, we also completed several transportation projects, including rehabilitating Birch Canyon Road, repairing Benson Bridge, chip sealing 34 miles of County-maintained roads, and starting a dust-control program for dirt and gravel roads.

This year, some of my goals related to roads include working with UDOT and Logan City to finalize a plan for Main Street and then secure the rest of the money to build it, securing funding for and then expand the north end of 10th West and south end of 12th West, getting the SR 30 widening project started, including resolving a conflict with the railroad preventing the widening, getting the 3200 South/US89 intersection realignment and signalization project started, securing funding for and then beginning installation of a fiber optic line in Logan Canyon to support cell towers, traffic cameras and message boards and completing all of the road projects that have already been funded.

There is a lot of work to do but we have a great team that I know will get it done. Working with our community partners, we have the resources, talent and people who are willing to work hard to tackle this issue. Together we will make sure that our future is one where our roads can handle our growth and economic prosperity.



Resources

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.

Medicare Cost Sharing Program

Medicare Savings Programs help individuals with some of the out-of-pocket costs for Medicare, including Medicare Part A and Part B premiums, deductibles, copayments and coinsurance. Eligibility for certain Medicare Savings Programs automatically qualifies you for the Extra Help program as well, which helps pay the cost of prescription drugs. Contact Giselle or Colby to see what cost sharing program works best. For an appt. please call 755-1720.

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. at 755-1720

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.

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Cache County Senior Center, Logan, UT

A 4C 05-1038

Medicare



Dear Marci

Dear Marci,

My wife's recent hospitalization was confusing for both of us and we are having difficulty figuring out her bills. How can we better understand Medicare coverage for hospital stays and how much services will cost us?

Dear Dustin,

When you enter a hospital for treatment you can be classified as an inpatient or an outpatient, and your status affects Medicare costs and coverage. You are an inpatient if your attending physician has formally admitted you as an inpatient. The only way to know if you are an inpatient is to ask, as there are no specific characteristics of your hospital stay that automatically make you an inpatient. For example, an overnight stay in the hospital does not necessarily mean you are an inpatient. In general, doctors will admit you as an inpatient if they expect that you will need to stay in the hospital for medically-necessary, inpatient-level care over two or more midnights.

If you are not formally admitted as an inpatient, then you are considered a hospital outpatient, even if you stay overnight. There are a number of hospital services that are almost always provided as outpatient care, such as an emergency room visit or planned outpatient surgery.

Observation services, sometimes called observation status, are outpatient services. They include ongoing short-term treatment and assessment of whether you should be admitted as an inpatient or if you can be discharged. Although they may involve an overnight or longer stay, observation services are outpatient services, so it is important to ask your doctor about the services you receive and what your hospital status is. Since observation services are provided to you as an outpatient, your coverage and costs will be different from the coverage and costs if you were an inpatient.

The hospital should provide you with a notice if you receive outpatient observation services for more than

24 hours. This is called the Medicare Outpatient Observation Notice (MOON). The MOON notifies you that you are receiving outpatient observation services and explains why you are an outpatient. Your doctor should also explain this notice to you in person. This notice is meant to reduce confusion that you may experience if you are in the hospital and unsure of your inpatient or outpatient status.

Your Medicare Part A costs for hospital care. If you have Original Medicare, your hospital stay is covered by Part A (hospital insurance) if you are a hospital inpatient, and by Part B (medical insurance) if you are a hospital outpatient.

If you are a hospital inpatient, you first must meet the Part A hospital deductible of \$1,316 at the beginning of each benefit period. Once you meet the deductible, you pay zero dollars for the first 60 days of inpatient care in each benefit period. You owe \$329 for days 61 through 90 in each benefit period, and \$658 per lifetime reserve day after day 90. You have 60 lifetime reserve days that can only be used once.

Your Medicare Part B costs for hospital care. If you receive physicians' services while in the hospital, or are a hospital outpatient, then you will owe a 20% coinsurance of Medicare's approved amount for that care. You typically owe a coinsurance amount for each medical service you receive in the hospital, after you meet your Part B deductible (\$183 in 2017). For example, you will have separate coinsurance charges for x-rays, lab tests, and any physicians' services you receive. Physicians' services include any time you spent with a physician while you were in the hospital, even if that physician was not your primary doctor.

Dustin, if you have a Medicare Advantage Plan, you should contact your plan to learn what its costs are for hospital care. Medicare Advantage Plans can have deductibles and/or daily copayments for inpatient care, as well as high copayments for outpatient hospital services, so it is important to check with the plan to learn more about what costs you will owe.

– Marci

Lunch Series | Movies

March Lunch Series

All presentations start at 12:10 in the Cafeteria



- March 2nd: Dr. Seuss Book Reading
- March 7th: Lunch & Learn - Nutrition with Jenna from USU Extension
- March 14th: Lunch & Learn - Monarch Butterflies
- March 16th: Lunch & Learn - USU Assistive Technology
- March 18th: Lunch & Learn - Recycling ♻️



NOW SHOWING

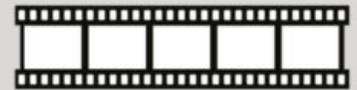
All movies start at 1pm

Mar 8th: Dune (2021)

Mar 15th: North by Northwest (1959)

Mar 22nd: West Side Story (2021)

Mar 29th: Casablanca (1942)



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March 2022

Monday	Tuesday	Wednesday
	<p>1 <i>Mardi Gras</i> 10:30 Tai Chi 11:00 Mardi Gras Bingo! 12:45 Commodities 2:00 Caregiver Academy</p>	<p>2 <i>Dr. Seuss' Birthday</i> 12:10 Dr. Seuss Book reading</p>
<p>7 <i>Pancake & Peanut Butter Day</i> 10:00 Breakfast Club: pancakes and peanut butter 12:10 Lunch & Learn: Jenna from USU Extension 12:30 Jeopardy 1:00 Cooking Demo with Jenna</p>	<p>8 10:30 Tai Chi 1:00 Movie: Dune (2021) 3:00 Dealing With Dementia</p> 	<p>9 10:45 Poker 1:00 Photography Group</p>
<p>14 <i>National Butterfly Day</i> 12:10 Lunch & Learn: Becky Yeager, Monarch Butterflies</p>	<p>15 <i>Alfred Hitchcock Day</i> 10:30 Tai Chi 1:00 Movie: North by Northwest (1959) 3:00 Dealing With Dementia</p>	<p>16 1:00 Bingo 12:10 Lunch & Learn: USU Assistive Technology</p>
<p>21 <i>Spring Equinox Observed</i> 12:30 Jeopardy Walk With Ease Starts!- Sign up at the front desk (see page 8!)</p> 	<p>22 10:30 Tai Chi 1:00 Movie: West Side Story (2021)</p>	<p>23 10:45 Poker 12:45 Field Trip: USU Art Museum</p>
<p>28 11:00 Craft w/ Colby</p> 	<p>29 10:30 Tai Chi 1:00 Movie: Casablanca (1942)</p>	<p>30 2:00 Book Club discussing "Going Postal"</p>

March 2022

Thursday	Friday
3 10:00 Bingocize 11:00 Chair Yoga 	4 11:00 Blood Pressure Clinic 1:00 Technology Assistance 2:15 Mindfulness Group
10 10:00 Bingocize 11:00 Chair Yoga 11:30 Out to Lunch Bunch: JC's Country Diner	11 10:00 Sewing: Quilt Block of the Month (\$2) 1:00 Technology Assistance 2:15 Mindfulness Group
17 St. Patrick's Day 10:00 Bingocize 11:00 Chair Yoga 11:00 St. Patty's Scavenger Hunt 1:15 Music Bingo with Hannah! 	18 Global Recycling Day 11:00 Blood Pressure Clinic 11:00 Shred Truck Event 12:00 Medicare Min.- BRAG 12:10 Lunch & Learn: Emily Malik, Logan Sustainability Coordinator 2:15 Mindfulness Group
24 10:00 Bingocize 11:00 Chair Yoga 12:30 Red Hats	25 10:00 Sewing: Project of the Month (\$2) 1:00 Technology Assistance 2:15 Mindfulness Group 
31 10:00 Bingocize 11:00 Chair Yoga	

Daily Activities

Every Day

8:30 Fitness Room
8:30 Pool Room
8:30 Library
11:00 Quilting

Monday

11:00 Line Dancing
12:15 Bridge
1:00 Tai Chi

Tuesday

8:30 Ceramics
10:30 Tai Chi
11:00 Writers Group
12:30 Mahjong
1:00 Knotty Knitters

Wednesday

11:00 Line Dancing
12:15 Bridge
1:00 Tai Chi
1:00 Bobbin Lace Group

Thursday

8:30 Ceramics
10:00 Mindfulness Group
11:00 Chair Yoga
12:15 Bridge
1:00 Knotty Knitters
2:30 Clogging

Friday

10:00 Painting Group
11:00 Line Dancing
1:00 Tai Chi
1:00 Technology Assistance
2:15 Mindfulness Group

Walk with Ease



Experience the Walk With Ease Program
Arthritis Foundation Certified. Doctor Recommended



"When I started the program, I was afraid to walk very far because of my knee pain. But Walk With Ease helped me start slow and build up gradually. Now I am confident in my ability to walk easily without making my arthritis worse."

— Walk With Ease participant

The **Arthritis Foundation Walk With Ease Program** is an exercise program that can reduce pain and improve overall health. If you can be on your feet for 10 minutes without increased pain, you can have success with Walk With Ease.

Benefits to You

Walk With Ease will help you:

- ▶ Motivate yourself to get in great shape
- ▶ Walk safely and comfortably
- ▶ Improve your flexibility, strength and stamina
- ▶ Reduce pain and feel great

Walk with Ease Program
Must sign up in advance!

Starting Monday, March 21st, 2022
Self-directed, Walk when you prefer!

Cache County Senior Citizen Center
240 North 100 East, Logan, Utah 84321

Space is limited, sign up today!
call 435-755-1720

Sewing Class

NEW SEWING CLASS 2X PER MONTH



EVERY 2ND AND 4TH FRIDAY
@ 10:00AM IN THE LIBRARY

EVERY 2ND FRIDAY WE WILL BE MAKING 1 DIFFERENT QUILT BLOCK. AT THE END OF THE YEAR WE WILL SEW ALL 12 TOGETHER TO MAKE A QUILT TOP!

MARCH 10TH- DISAPPEARING 9 PATCH PIECE—PLEASE BRING A 1/4 YARD OF THREE DIFFERENT PRINTS

EVERY 4TH FRIDAY WE WILL BE DOING A NEW MONTHLY PROJECT.

MARCH 24TH PROJECT: CANDY BAG ZIPPERED POUCH—BRING AN EXTRA BIG EMPTY CANDY BAG (SAM'S CLUB SIZE), A 12 IN. ZIPPER, & VINYL IRON-ON

EACH CLASS WILL COST \$2
PLEASE RSVP AT THE FRONT DESK.

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March 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Pulled Pork Sandwich Broccoli Salad Pears Chips	2 Smothered Chicken Burrito Black Bean Salsa Spanish Rice Pineapple/Orange Salad	3 Lasagna Strawberry & Spinach Salad Italian Vegetable Garlic Bread	4 Chef's Choice 
7 Sliced Roast Beef Creamed Peas w/ Diced Potatoes Roll	8 Beef Chili w/Beans Mixed Green Salad Lemon Pudding w/ Berries Corn Bread	9 Chef's Choice	10 Club Sandwich Bean Salad Fruit Cocktail Chips	11 BBQ Chicken Potato Salad Buttered Corn Fresh Fruit
14 Loaded Baked Potato Buttered Broccoli Peaches Breadstick	15 Hot Open Faced Turkey Sandwich Mashed Potatoes & Gravy Peas & Carrots Apple Salad	16 Cheese Omelet Crispy Bacon Veggie Hash Fresh Orange Slices	17 Corn Beef & Cabbage Red Potatoes Grape Salad Cookie	18 Beef Stroganoff Buttered Noodles Cascade Veggies Fruit Cocktail
21 Teriyaki Meatballs Fried Rice Oriental Veggies Mandarin Oranges	22 Ham Au Gratin Potatoes Fresh Green Beans Apple Crisp	23 French Toast Sausage Scrambled Eggs Chilled V8 Juice Fruit	24 Chef Salad Lentil Sausage Soup Peaches	25 Chef's Choice 
28 Hot Dog Baked Beans Broccoli Salad AppleBerry Crisp	29 Turkey Stew Caesar Salad Fruit Cup	30 Turkey Noodle Bake Beet Salad Wheat Roll Peach Pie	31 Chef's Choice	

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.

The full cost of the meal is \$7.50 for those under age 60. Please pay at the front desk to receive your meal.

Out to Lunch & Breakfast Club

Out to Lunch Bunch is visiting...



JC's Country Diner in Tremonton, UT
Thursday, 10 March
Leaving the center at 11:30am
\$3 bus fee | RSVP at 435-755-1720

Peanut Butter Pancake Day!

Come celebrate this little-known holiday with our Breakfast Club as we serve pancakes with peanut butter (and syrup!)

10am on Monday, March 7th at the Senior Center



COUPLES NEEDED! Do you or your partner have lower limb pain (knee or hip)?

Researchers at USU (IRB #9509) are interested in examining the potential benefits of having you and your partner involved in a proven underwater exercise intervention for lower limb pain (knee or hip).

How do I qualify for this study?

- Be between ages 35-85
- You or your partner experience *ANY LEVEL* of lower limb pain
- Be in a committed relationship that has lasted for 3 or more years

What will be required of me to participate in this study?

- Assessment of partnership support (approx. 2 hours)
- Brief, daily online assessment of individual and relationship health (21 days for approx. 10 min/day)
- Participate in proven underwater exercise intervention for lower limb pain. (1-hour session, 2 times/week for 8 weeks)
- Complete online 3- month follow-up assessment (approx. 1 hour)

What are the benefits of participating?

- Financial compensation (up to \$140 per couple)
- FREE clinically-proven aquatic intervention for improving lower limb pain

To participate in this study or for more information, please leave a message for Dr. Ryan Seedall at (435) 797-7433



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Cache County Senior Center, Logan, UT

D 4C 05-1038

Health and Wellness

March is National Kidney Month and the National Kidney Foundation is calling on all Americans to take five healthy steps for their kidneys.

The kidneys are the body's chemical factories, filtering waste and performing vital functions that control things like red blood cell production and blood pressure. But over time, the kidneys can become damaged with little or no physical symptoms to warn you that your kidneys are in trouble.

"Of the 26 million American adults estimated to have kidney disease, most don't know they have it. That's why taking care of your kidneys, especially if you are at risk for kidney disease, is vital," said Joseph Vassalotti, MD, National Kidney Foundation Chief Medical Officer. "There are a few simple things people can do to keep their kidneys healthy and strong."

Take 5 for Your Kidneys

All Americans can do 5 simple things to protect their kidneys:

Get Tested! Ask your doctor for an ACR urine test or a GFR blood test annually if you have diabetes, high blood pressure, are over age 60, or have a family history of kidney failure. Get screened for free through the National Kidney Foundation's KEEP Healthy program by visiting www.kidney.org/KEEPHealthy.

Reduce NSAIDs. Over the counter pain medicines, such as NSAIDs (nonsteroidal anti-inflammatory drugs), may alleviate your aches and pains, but they can harm the kidneys, especially if you already have kidney disease. Reduce your regular use of NSAIDs and never go over the recommended dosage.

Cut the Processed Foods. Processed foods can be significant sources of sodium, nitrates and phosphates, and have been linked to cancer, heart disease and kidney disease. Try adopting the DASH diet to guide your healthy eating habits.

Exercise Regularly. Your kidneys like it when you exercise. Regular exercise will keep your bones, muscles, blood vessels, heart and kidneys healthy. Getting active for at least 30 minutes a day can also help you control blood pressure and lower blood sugar, which is vital to kidney health.

Control Blood Pressure and Diabetes. High blood pressure and diabetes are the leading causes of kidney disease and kidney failure. Managing high blood pressure and strict control of blood sugar levels can slow the progression of kidney disease. Speak with your doctor if you are having trouble managing diabetes or high blood pressure.

Throughout National Kidney Month, the National Kidney Foundation is offering free kidney health

screenings through the KEEP Healthy program. To locate a KEEP Healthy screening near you, or to learn more about the kidneys and risk factors for kidney disease, visit www.kidney.org/KEEPHealthy.

Kidney Facts:

1 in 3 American adults is at high risk for developing kidney disease today.

High blood pressure, diabetes, a family history of kidney failure and being over 60 are major risk factors for developing kidney disease.

1 in 9 American adults has kidney disease -- and most don't know it.

Early detection and treatment can slow or prevent the progression of kidney disease.

Kidney disease risk can be reduced by controlling blood pressure and blood sugar, quitting smoking, regular exercise, maintaining a healthy weight, and avoiding excessive use of pain medications.

The National Kidney Foundation is the leading organization in the U.S. dedicated to the awareness, prevention and treatment of kidney disease. For more information, visit www.kidney.org.

March is National Kidney Month
Get to know your hard working kidneys

6 WAYS KIDNEYS KEEP YOU HEALTHY

- Regulate fluid levels
- Activate Vitamin D for healthy bones
- Filter wastes from the blood
- Directs production of red blood cells
- Regulate blood pressure
- Keep blood minerals in balance

8 PROBLEMS KIDNEY DISEASE CAN CAUSE

- Cardiovascular disease
- Heart attack
- Stroke
- Anemia/ low red blood cell count
- Nerve damage
- Weak bones
- High blood pressure
- Kidney Failure

4 RISK FACTORS

- Diabetes
- High blood pressure
- Family history
- Age 60+

7 SYMPTOMS

- Swelling: face, hands, abdomen, ankles, feet
- Blood in urine Foamy urine
- Puffy eyes
- Difficult, painful urination
- Increased thirst
- Fatigue

2 TESTS YOU CAN TAKE (BLOOD AND URINE)

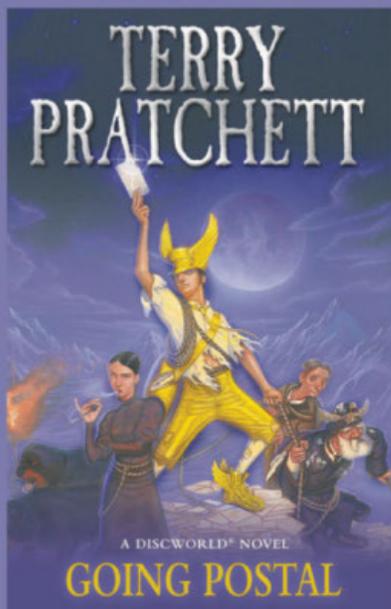
Urine albumin-to-creatinine ratio estimates the amount of a type of protein, albumin, that you excrete in your urine.

Glomerular Filtration Rate (GFR) tells how well your kidneys are working to remove wastes from your blood. It is the best way to check kidney function. Doctors measure blood creatinine (waste build up) levels and perform a calculation based on race, age and gender.

National Kidney Foundation
Learn more at kidney.org

Activities

Join our book club as we read:



**Discussion at the senior center
on 30 March at 2pm**

JOIN US FOR A

ST. PATRICK'S DAY SCAVENGR HUNT!

Thursday, March 17th at
the Senior Center, after
Lunch

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Cache County Senior Center, Logan, UT

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Fraud

Pharmacy and prescription drug fraud is a consistent trend in Medicare. Due to the lucrative nature of prescription drug diversion and pharmacy scams, criminals continue to exploit Medicare Part D. Although there are many types of prescription drug schemes, pharmacy fraud primarily occurs when Medicare is billed for a medication that was not received or a beneficiary is intentionally given a different prescription drug than was prescribed.

Report potential pharmacy fraud or prescription drug abuse, errors, or abuse if:

You see on your Medicare Summary Notice (MSN) or Explanation of Benefits (EOB) charges for:

- Prescription drugs (including refills) that were never picked up, delivered, or even prescribed
- Prescription drugs (occasionally controlled substances such as opioids) that were prescribed by a health care provider you have never seen
- Amounts beyond the quantity you were prescribed
- A different prescription drug (often a more expensive drug) than the one you were originally prescribed or a drug that is not approved by the U.S. Food and Drug Administration (FDA)
- A pharmacy intentionally provided you less medication than you were prescribed
- A pharmacy issued you expired drugs
- A pharmacy provided and billed for an expensive compounded medication, including topical pain creams, when a traditional or less expensive prescription was ordered by your provider
- A company offers you “free” or “discount” prescription drugs without a treating physician’s order and then bills Medicare
- A pharmacy offers you gift cards or other compensation, so you switch your prescriptions over to that pharmacy
- A pharmacy automatically refills a prescription you no longer need. You do not pick up the prescription, but the pharmacy still bills Medicare
- An individual offers to pay you for the use of your Medicare number to bill for prescription drugs or offers you cash or other compensation to pick up prescriptions on your behalf.



STOP! THERE IS NO ANNUAL WELLNESS VISIT QUESTIONNAIRE OVER THE PHONE!

This is an attempt to steal your medical identity.

Call the SMP at 1-877-808-2468 if you have given out or confirmed your Medicare number over the phone to make a report and protect your Medicare!

 **SMP** RESOURCE.ORG
SUPPORTED BY GRANT # 90MPC0002 FROM ACL

Activities

Join us for a Field Trip to the



on the USU campus in Logan

Wednesday, March 23rd

Leaving from the senior center at 12:45pm
\$1 bus fee (museum admission is free)

Call 435-755-1720 to register

Did you know we have a Ceramics Room?

Ceramics group meets
Tues and Thurs at
8:30am till 4:00

Come check out our
brand new kiln!

We also have a painting
group that meets every
Friday at 10:00am in the
ceramics room



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Adult Coloring

Code of Conduct

In order for everyone at the Center to have a pleasant experience, all who enter shall be expected to respect the rights, diversity, and dignity of others. To this end, all individuals at the Center shall adhere to the following policies:

- Show courtesy and consideration for all individuals;
- Refrain from engaging in behavior that will unreasonably disturb other center participants;
- Refrain from using language that other reasonable participants would find to be abusive, threatening, obscene, or offensive;
- Refrain from using hate speech or epithets (e.g. racial, ethnic, sexist, homophobic and religious slurs);
- Refrain from fighting, physical abuse, or challenging others to fight;
- Refrain from soliciting or approaching any individual at the Center for favors, preferential treatment or personal financial gain;
- Maintain personal hygiene that is not offensive or unhealthy;
- Not participate in activities at the Center while under the influence of alcohol or illegal drugs;
- Use the Center equipment in a safe and appropriate manner;
- Treat the Center materials, equipment, furniture, grounds, and facility with respect;
- Keep the Center building and grounds neat, clean, and litter free;
- Obey the Utah Clean Air Act which prohibits smoking in public buildings (smoking is not permitted within 25 feet of any entrance-way, exit, open window, or air intake of a building where smoking is prohibited);
- Obey all federal, state, county, and city laws and ordinances;
- Must be able to function independently, or have a caregiver present to assist with personal needs;
- Be able to walk safely and independently in the Center or use assistive devices independently;
- Refrain from laying down or sleeping on the furniture;
- Avoid any danger of damage to the computer equipment;
- Refrain from eating or drinking in the computer room;
- Refrain from deliberately accessing, displaying, downloading or sending unacceptable or illegal

material (racist, sexist, violent, anti-social, obscene or pornographic)

Rights of Senior Center Participants

All individuals at the Center have the right to:

- Expect other individuals to follow the Center's Code of Conduct;
- Expect other individuals to obey all federal, state, county, and city laws and ordinances;
- Receive information about the Center's services and activities in a language and/or format they understand;
- Be treated with respect and dignity by other individuals;
- Expect that personal information disclosed to the Center's staff will be kept confidential;
- Expect protection by the Center's staff from unsolicited or unapproved commercial and/or business enterprises and researchers while in the center;
- Established and accessible procedures for complaints and appeals of grievances.

Are you a FAMILY CAREGIVER?



Cache County
Senior Center

Sign up today for your FREE

Dealing with Dementia Workshop

DO YOU NEED HELP IN THESE AREAS?

- Understanding Dementia
- Managing Problem Behaviors
- Handling Stress

DATE:

Workshop 1: March 8th

Workshop 2: March 15th

TIME:

3:00 - 4:00 pm

PLACE:

Cache County Senior
Center



PRE-REGISTRATION IS REQUIRED.

To reserve your spot, please contact:
Senior Center | 435.755.1720 |
Contact Email