

Cache County Senior Center

January 2021

Photo by Mike Bullock

Commodities– January 6th
from 2pm- 4 pm

Care Giver Academy

6-part Series

The Caregiver Academy assists caregivers in learning essential skills.

Workshops include:

- Find caregiver resources
- Compassion Fatigue
- Setting boundaries
- Involving families
- Coping with difficult behaviors
- In-home and facility based care choices

Every Wednesday:
@ 11:00 am; contact
Deborah Crowther
435-713-1462
debrorahc@brag.utah.gov



New Year's Day is just the first of many special days and observances in January. There are plenty of other days that can provide you with ideas for learning and fun to share. For example, it's International Creativity Month, you can explore and enjoy indoor activities that celebrate everything from letter writing and puzzles to dragons and kazoos. January is

a prime time to learn about important people in history, such as Benjamin Franklin, Amelia Earhart, and Martin Luther King Jr.

Some observances focus on achieving a healthier lifestyle. You may find related activities planned by community centers, schools, or health care organizations related to these specific topics. On other days, you can celebrate with comfort foods, such as chocolate and bagels. Have fun celebrating the Chinese New Year, which is a long holiday filled with daily cultural traditions including feasts of symbolic foods and exchanging monetary gifts in auspicious red envelopes.

With this New Year still filled with uncertainty we wanted to make sure you are aware of the classes that are posted online with Facebook. [Be sure to Friend us on Facebook-Cache County Senior Citizens Center](#). We have teamed up with a couple of instructors and Sarah, our activities coordinator, will continue to offer a cooking and craft class via a live feed on facebook. If you are interested in participating in the craft class please sign up by calling 755-1720. We will provide you with all the materials needed so that you can follow along while we do the craft on facebook live or do it at your own time. If you need assistance in adding facebook onto your phone, creating can account, adding the senior citizen center as a "friend" call us to set up an apt. we can help!

Date classes:

Sit and Be Fit– live Facebook class– Instructor: Darrell: January 11@ 2pm
Tai Chi- live Facebook class– Instructor: Roger: January 21 @ 2pm

Good Things To Eat

NEW YEARS BLACK EYED PEAS AND GREENS

But for New Years Day, we will definitely be eating some black eyed peas and greens! Peas for good luck and greens for good fortune. To be honest, I'm not a very superstitious person so I can't say that I entirely believe that's true. However, I'll take any excuse to eat black eyed peas and I can't think of a better way to start a new year than with a healthy servings of greens so it all works out.

The ingredient list is super basic because it's a super basic meal. But don't let that fool you! Served with a side of cornbread, it's satisfying and perfectly delicious. Here's what you need to make it.

*Oil- We need oil to sauté the vegetables and my go-to is avocado oil for it's high smoke point and neutral flavor. You can use whatever kind of oil you like to cook with, dairy-free butter, or substitute a splash of broth if you want to make it oil-free.

*Onion and Garlic- This combo helps add flavor to the greens so don't skip them! You can also use shallot or red onion in place of the yellow onion, if desired.

*Greens- Most greens tend to cook down a lot so we're using 2 big bunches in this recipe. I prefer collards or swiss chard but kale is also a great option. You'll want to remove any tough stems and chop them into bite size pieces. For the chard, I only cover and cook for about 3-5 minutes as they can get overly wilted pretty fast. Collards are heartier and are usually best around 5-7 minutes, while kale is somewhere in between. Either way, keep an eye on them as they cook for best results.

*Vegetable Broth- Adding a splash of broth to the greens and covering with a lid creates steam and cooks them in all of that delicious flavor. I always use Better Than Bouillon to cook my greens because I think it has the best flavor.

*Black Eyed Peas- Using canned black eyed peas makes this recipe come together super quick but you can cook your own from dried, if desired. You'll need about 3 cups cooked peas in place of the cans.

Lemon Juice- A squeeze of fresh lemon juice adds acidity and tang while also aiding in proper absorption of the iron in the peas and greens. It's pretty much a necessity in my book.

Crushed Red Pepper- Just a pinch of crushed red pepper adds a little pizzazz but you can't skip this if you like.



HOW TO MAKE NEW YEARS BLACK EYED PEAS AND GREENS

Heat oil in a large skillet. Add onion and garlic then cook until fragrant. Add the greens and vegetable broth. Cover and cook until wilted. Add the cooked peas, fresh lemon juice and crushed red pepper. Cook until heated through. Serve warm with a side of cornbread and let the good luck roll in!

Retrieved from: <https://www.makingthymeforhealth.com/new-years-black-eyed-peas-greens/>

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 apt. 755-1720.

Transportation Vouchers

Clients can be reimbursed for travel costs to doctor apts. 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. apts. 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

The dentists for Cache & Bear Counties for the Aged Medicaid dental program are:

Ralph Binns & Jarron Tawzer (both are in the same office) at Tawzer Dental, 1-435-753-1686, 150 E 200 N suite F, Logan, UT 84321.

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 apt. 755-1720.

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Medicare



Dear Marci,

I'd like to prepare documents to plan for my future medical care needs. What are these documents, and how can I prepare them?

-Callie (Baltimore, MD)

Dear Callie,

Examples of documents you may want to prepare to plan for future medical needs include advance directives and living wills. These are legal documents that give instructions to your family members, health care providers, and others about the kind of care you would want to receive if you can no longer communicate your wishes because you are incapacitated by a temporary or permanent injury or illness. Other kinds of documents, like health care proxies and powers of attorney, appoint a trusted individual to make certain kinds of decisions on your behalf in certain situations.

In most cases, you do not need a specific form to create an advance directive or living will, or to make someone your health care proxy or grant them power of attorney. However, your documents should:

Comply with any rules in your state

Cover all the issues that are important to you

Make sure to discuss the contents of any future care documents with family members, health care providers, and anyone else you feel should know. You should give your providers a copy and may want to provide copies to others. You should also bring a copy of your documents to the hospital each time you are admitted, if possible. For help creating these documents or information on how to comply with your state's rules, you can contact:

- Your state's attorney general office or department of health: Many state agencies post state-specific advance directive forms on their websites. If no form is posted, call and ask where to get one.
- The National Hospice and Palliative Care Organization (NHPCO): This nonprofit focuses on end-of-life issues and provides state-specific advance directive forms for all 50 states and Washington, DC. Visit www.nhpc.org or call 703-837-1500 to learn more.
- The American Bar Association Commission on Legal Problems of the Elderly
- Your state bar association
- Your local hospital

Note: Some organizations suggest that you compare the generally accepted advance directive form from your state against at least one or two forms from other sources. This is because you may find that one form provides instructions for a particular medical circumstance that another does not. Generally, though, if you find a form that works well for you, use it. You may also decide to combine information from several forms into one document. You do not need a lawyer to create an advance directive, living will, or health care proxy. However, you may want legal assistance if you have unusual wishes or you anticipate or know of disagreements among family members. If you want to create a power of attorney document that appoints a trusted individual to make decisions about your finances, you should consult a lawyer.

-Marci

Scams and Fraud

5 Ways Medicare Theft Affects You Directly

by Mike Hedges, AARP Bulletin

Medicare fraudsters steal billions from the system and they can also have a direct impact on your wallet and medical records.

- **Medical identity theft** happens directly to you when someone steals your personal information, especially a Medicare number, to get devices, treatment or medicine, and submits fraudulent claims under your name. Like all identify theft, medical ID thieves disrupt your life, but they can also tamper with your medical care, waste taxpayer dollars and land you in legal trouble. And unlike credit card losses, there are no consumer protections for medical losses.
- **Upcharging**, also known as “up-code billing,” happens when Medicare is billed for a more expensive device or procedure than the one you received. Be vigilant in checking your Medicare statements, experts say; the thieves are sneaky, and you don’t want a false claim lingering on your records. If you find a discrepancy, call your doctor’s office first to rule out an innocent error.

• **Phantom billing** and double-dipping are fraudulent

practices that also would show up on your Medicare statement. Phantom billing is simply charging Medicare for services not delivered. Double-dipping is filing duplicate claims for one service or procedure. If not caught and rectified, they could hurt your future health coverage.

- **Fake freebies** aim to sucker you in to receive devices or services you may not need. Scooters, back braces and other devices that are offered at “no cost to you” are in many cases scams to defraud Medicare and give you an inferior product, if you get it at all. Under the federal False Claims Act, if you are part of a false claim operation — known to you or not — you may be liable.
- **Prescription fraud:** Medicare crooks take your Medicare number and fill prescriptions that they then sell on the black market. Often you will find out you’ve become a victim when your own prescriptions are denied.

— Sid Kirchheimer contributed to this report.

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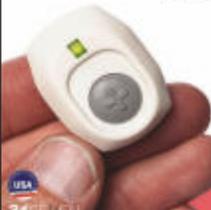


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How Not to Gain Weight When the Fridge Is Always Nearby

Experts share tips for avoiding overeating when you're home all the time

by Jill Waldbieser, [AARP](#), May 15, 2020

| Almost as soon as stay-at-home orders were issued, jokes about the “Quarantine 15” went, well, viral. It seems that even when we're experiencing disaster on a global scale, the one in our bathroom is equally likely to grab our attention.

Given that so many of us have been cut off from our usual routines, food sources and social outlets, the fear of gaining weight during this time is completely warranted. Realizing those fears, however, is far from inevitable.

Food and feelings

If memes were around during the last great pandemic — the Spanish flu in 1918 — you probably wouldn't find any about still fitting into your “day pants” (that's slang for pajama bottoms you wear when you're not actually sleeping). That's because obesity really didn't become a major public health issue until after World War II, according to Marion Nestle, author of *Food Politics*. That it now is a major one, and that early evidence indicates obesity may increase the risk of developing severe COVID-19, understandably heightens fears about packing on extra pounds.

But while few of us want to gain weight, some of us do feel awfully tempted to eat a donut around the time we'd previously have been headed to the gym or running to our first meeting of the day. “There is good literature on the extent to which food is a comfort,” says Carole Counihan, a cultural anthropologist and emerita professor at Millersville University in Pennsylvania. “And of course we know it helps produce endorphins and leads to a soothing, calming effect.” There's also historical precedent to gaining weight during times of great social or emotional upheaval. The Germans have a word for it: *kummerspeck*, literally “grief bacon.”

Quality vs. quantity

The urge to self-medicate with chips and dip only increases when you're never far from the kitchen. “Having constant access to food at an arm's length can be very challenging,” says Bonnie Taub-Dix, creator of [BetterThanDieting.com](#) and author of *Read It Before You Eat It*. “There's a tendency to be bored or annoyed or anxious, and walk into the kitchen to forage for food.”

If you were panic-buying nonperishables like the rest of us, the food you have constant access to is likely the kind that will leave you craving more: highly processed, sugary or salty (or both), and void of nutrients such as protein and fiber. Alcohol consumption is, understandably, up, and every glass of wine, beer or cocktail packs a double punch by adding empty calories to your diet and lowering your inhibitions about having a second brownie.

Even if you want to make nutritious choices, regular access to fresh produce is now more challenging, and you may be frustrated that you don't have all the ingredients you need to make your usual healthy go-tos. If you're quarantining with others, you may have to adjust your menu to suit everyone's tastes or dietary restrictions. And how many loaves of banana bread or batches of cookies have you personally baked to pass time or entertain the kids?

Honing healthy habits—Reassuringly, though, experts say this is all completely normal, given the extremely abnormal circumstances in which we find ourselves. “This is a really unique time,” says Taub-Dix. “And one of the most important things to remember is not to beat yourself up over indulging in foods you wouldn't typically choose or eating more than you usually do.”

Continued on pg. 7



<http://TheFunnyPlace.org>

Healthy Living

Honing healthy habits

It helps to keep your expectations in check. Self-isolation has given us all a lot more time to scroll through social media feeds and envy anyone who has been able to use this time for self-improvement, but everyone's circumstances are different. With the added pressures you may be facing, now might not be the right time to finally lose those pesky 10 extra pounds. That doesn't mean you'll never do it; just that, for now, you may want to focus on a more achievable “maintain, don't gain” kind of goal.

Establishing a routine can help. “Previously, a lot of us ate by the clock,” says Taub-Dix. If you had a schedule that was working for you, try to establish one again, she suggests. Routines can be comforting, and they help us stick to healthy habits; eating at specific times, for instance, will help prevent mindlessly snacking all day long. Moving should also be one of those habits. While the cliché that you can't outexercise a bad diet is true, staying active has other benefits. “Research shows that regular physical activity has a big impact on your mood and things like mental resiliency,” says K. Aleisha Fetters, fitness trainer and author of *Fitness Hacks for Over 50: 300 Easy Ways to Incorporate Exercise Into Your Life*. For that reason, she says, “It's helpful to think of avoiding weight gain as a by-product of doing something to make your body feel good, not a goal in itself.”

Aim to spend 30 minutes a day on what Fetters calls “intentional movement” — that includes walking, cleaning, gardening and dancing. And those 30 minutes don't have to be consecutive — recent research found that moving throughout the day (accumulated exercise) has an equally favorable or, in some cases, better impact on health than a single intense workout (continuous exercise). Fetters, who lives in a 950-square-foot Chicago apartment, has found herself breaking up her workout out of necessity — some kettlebell work here, 10 minutes of yoga there. It adds up.

Head gains

Ultimately, one of the biggest keys to managing your weight during a pandemic is the same as managing your weight anytime: your mindset. “It's almost always a self-fulfilling prophecy,” says Bonnie Miller, an associate professor of American studies at the University of Massachusetts, Boston, who is researching pandemic-influenced food habits in her local community. “You can think, ‘Because of these circumstances, I have no choice but to eat poorly,’ or you can use this time to really think about what you're eating.”

When the stay-at-home orders were issued, Miller had been in the middle of her own weight-loss journey. “I had lost about 15 pounds and was used to going to the gym every single day,” she says. Then, suddenly, her gym closed, her husband stocked the house with tons of processed food, and a lot of the things that had become staples in her diet were unavailable. “I was really nervous at first,” she says. “I was kind of forced to have more unhealthy food in my diet. But I said, ‘Okay, this is what I have to work with, so what can I do? I can decrease portion sizes and join virtual gym classes.’” As a result, she just hit her 20-pound weight-loss goal.

Miller's research revealed that she wasn't alone in embracing a new attitude toward her diet. In examining food-related trends in her Massachusetts community, she says she expected “stories of panic buying and stress eating,” but instead found “insights into how food can soothe the soul, especially in trying times.” Many respondents shared that they had been enjoying more family meals together, cooking as a group activity, and spending more time talking and bonding while eating, sometimes in real time, sometimes virtually. Some used the relative scarcity of meat to finally switch to plant-based diets.

Taub-Dix, who as a New York City dietician has continued to see clients via Zoom, FaceTime and by phone, reports similar changes. “More people are cooking for themselves, and they're not going out to restaurants where they have warm bread and butter to start, and someone wheels out a dessert cart afterward,” she says. Because of this quarantine, many Americans are, for the first time, forced to make some of the changes nutritional experts have been recommending forever. And if we come out of this crisis with anything extra, it should be the knowledge that these habits are, in fact, possible to cultivate.

Word Search

Martin Luther King Day Word Search



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CIVIL RIGHTS
COURAGE

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JANUARY
NOBEL PEACE PRIZE
CHANGE
NONVIOLENCE

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BY THE OPPRESSOR;
IT MUST BE
DEMANDED BY THE
OPPRESSED.**

MARTIN LUTHER KING, JR.

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Senior Medicare Patrol (SMP)

CYBER SECURITY

Tips to avoid cyber scams



Avoid clicking on links in unsolicited emails and be wary of email attachments.



Use trusted sources such as government websites for up-to-date, fact-based information.



Do not reveal any personal, health, or financial information in an email, and do not respond to any email requests for this information.



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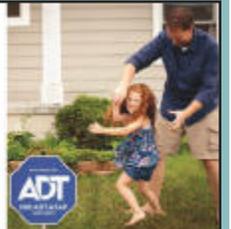
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January

Monday	Tuesday	Wednesday	Thursday	Friday
				1 CLOSED FOR NEW YEAR'S DAY HOLIDAY
4 Minestrone Soup Turkey Sandwich Mixed Berry Shortcake	5 BBQ Chicken Macaroni & Cheese Carrot Raisin Salad Apple Crisp	6 Chefs Choice	7 Philly Beef Sandwich Peppers & Onions Pasta Salad Pineapple Fluff	8 Hound Dog Hot Dog Blue Moon Coleslaw A Big Hunk of Love Fruit Salad
11 Loaded Baked Potato Buttered Broccoli Spiced Pears	12 Salisbury Steak Mashed Potatoes Sunshine Carrots Oranges	13 Tortellini Sicilian Veggies Apple Sauce Garlic Bread	14 Butternut Squash Soup Chef Tossed Salad Grapes	15 Orange Chicken Fried Rice Oriental Vegetables Melon Cup Fortune Cookie
18 CLOSED FOR DR. MARTIN LUTHER KING JR. HOLIDAY	19 Chefs Choice	20 Lasagna Spinach Strawberry Salad Apple Crisp Bread Stick	21 Cheesy Potato Bacon Soup Tossed Salad Ambrosia Fruit Salad	22 Tuna Casserole Buttered Peas Fruit Jell-O Wheat Roll
25 Sweet & Sour Pork Steamed Brown Rice Cut Green Beans Mandarin Oranges	26 French Dip Sandwich Broccoli Salad Orange Slices Chips	27 White Bean Chicken Chili Normandy Blend Vegetables Peach Cobbler	28 Chefs Choice	29 Cheesy Vegetable Soup Turkey Sandwich Glazed Carrots Fruit

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.

Telehealth

"During the COVID-19 Public Health Emergency, we don't have to choose between medical care and social distancing. When patients can get health care through telehealth — and doctors can provide it — we protect ourselves and our communities."

- U.S. Department of Health & Human Services (HHS)

For patients



Find out what telehealth is, what you'll need (not much!), and what to expect from a visit. You can also check out our tips on finding telehealth options.

Understanding telehealth >

Telehealth during COVID-19 >

Finding telehealth options >

telehealth.hhs.gov

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Staying Active During the Coronavirus Pandemic

Exercise is Medicine | AMERICAN COLLEGE of SPORTS MEDICINE

The coronavirus (COVID-19) pandemic can make it challenging to maintain a physically active lifestyle. COVID-19 is spread by someone sneezing or coughing into the air or onto a surface, and then the virus enters and infects a new person through their mouth, nose or eyes. The most up-to-date information about COVID-19 can be found on the Centers for Disease Control and Prevention (CDC) website: <https://www.cdc.gov/coronavirus/2019-ncov/about/index.html>

Based on what we know about how the virus moves from one person to another, it is recommended to avoid public gatherings and keep a social distance of 6 feet or more. That, along with advice related to personal care (hand washing, not touching your face) has created concern about exercising in gyms, where hundreds of people are in and out every day.

Those at greatest risk for severe complications of COVID-19 are:

- older adults (age 65 and older)
- people with chronic diseases (such as diabetes, heart disease and lung disease)
- those with compromised immune systems (such as those going through cancer treatment or with HIV)

These individuals (and those under "shelter in place" orders) should avoid gyms altogether and exercise at home or in their neighborhood.

For all of us, young and old, regular physical activity is important for staying healthy! Compared to just sitting around most of the time, *moderate-intensity physical activity is associated with better immune function.* Regular physical activity can help *reduce your feelings of stress and anxiety* (which many of us may be feeling in the wake of the COVID-19 pandemic).

The Physical Activity Guidelines for Americans recommends 150-300 minutes per week of moderate-intensity aerobic physical activity and 2 sessions per week of muscle strength training. Fit in 2, 5, 10 or 20 minutes, however and wherever you can. Every active minute counts!

On the following page are some strategies to maintain physical activity and fitness.



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Stay active.
Be smart and safe.

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Sit -N_ Be Fit

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Tai Chi

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