



CACHE COUNTY SENIOR CITIZEN CENTER

Logan City Utilities Scam alert from the Finance Department

Currently there is a scam aimed at Logan City utilities customers where the scammer calls and says they are from the utilities company and that a payment is required immediately to avoid being shut off. Please follow these guidelines to protect your identity and your private information.

Logan City Utility Billing seldom contacts you by phone. Your utility bill is sent through the mail and notice of late payments on your utilities account comes as a postcard through the mail. If we shut off your electricity we will leave notice on your electric meter or doorknob.

If we call you, ask us your utilities account number, the date and amount of your last utilities payment, the date you signed up for utilities service, or the names of your utilities references. We can provide this information, but a scammer cannot.

Don't ever give your private information over the phone unless you can verify their identity and you trust them. Private information includes your name, birthday, address, driver's license number, social security number, credit card number, bank account number, online account username and password, etc.

Never send your private information by email. Email is not usually a secure source of communication. Consider using another method of communication, such as fax or the United States Postal Service.

Instead of paying over the phone, pay your bill online, by mail, or come to our office in person. Our address is 290 North 100 West in Logan. Our hours are 8:00am through 5:00pm Monday through Friday, except holidays.

If you have questions about your utilities account, call Logan City Utility Billing at (435) 716-9208. If you have questions about your Logan City garbage account, call (435) 716-9768.

240 North 100 East Logan, Utah 84321
PHONE: (435)755-1720
FAX: (435)752-9513
HOURS: 9:00 A.M. – 4:00 P.M.
WEB SITE
Cachecounty.org

If you think you have been scammed, call the Logan City Police Department right away. Their phone number is (435) 753-7555 or call 911 if it is an emergency.

Director's Message

Expressing gratitude can change your life. Meister Eckhart a German philosopher once said, "If the only prayer you say in your life is 'thank you,' that would suffice." Gratitude means thankfulness, counting your blessings, noticing simple pleasures, and acknowledging everything that you receive. It means learning to live your life as if everything were a miracle, and being aware on a continuous basis of how much you've been given. Gratitude shifts your focus from what your life lacks to the abundance that is already present. Giving thanks makes people happier and more resilient, it strengthens relationships, it improves health, and it reduces stress. In addition, research shows that those who practice gratitude tend to be more creative, bounce back more quickly from adversity, and have a stronger immune system.

One way to be aware of the things that you are grateful for is writing them down in a gratitude journal. Simply write 5 things that you are grateful for each day.

By looking for things that you are grateful for each day you automatically start seeing the positive side of everything. By centering your life on gratitude you can a shift in your thinking to the positive and gain awareness of what's great in your life. Everything seems a little easier, a little brighter, you are more open to opportunities when they arise and you start to focus on what you have rather than what you don't.

'Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow.'



Legacy's Annual Valentine's Dance

Sat Feb 23 6:30—8:00

330 East 1400 North



Information You Need To Know About the Flu

As you age, your immune system weakens. This weakening makes seniors—adults 65 years and older— more susceptible to the flu. For seniors, the seasonal flu can be very serious, even deadly. Ninety percent of flu-related deaths and more than half of flu-related hospitalizations occur in people age 65 and older.

You can protect yourself from the flu by getting the flu vaccine. The flu vaccine protects you and prevents you from spreading the flu to your spouse, children, or grandchildren.

During flu season, practicing good hygiene can help people avoid catching or spreading the flu. Wash hands frequently, especially after touching door knobs and stair rails in public places. Always cover nose and mouth when coughing or sneezing, and immediately wash hands afterward. And, of course, stay away from people who are sick.

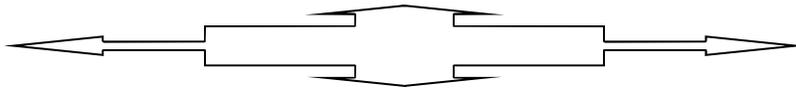
All types of flu have similar symptoms. Although the flu and common cold have similar symptoms, the flu tends to be more severe.

Flu symptoms include:

- A 100°F or higher fever or feeling feverish (not everyone with the flu has a fever)
- A cough and/or sore throat
- A runny or stuffy nose
- Headaches and/or body aches
- Chills
- Fatigue
- Nausea, vomiting, and/or diarrhea (most common in children)



It is important that you stay home for at least 24 hours after you fever is gone. Your fever should be gone without the use of a fever-reducing medicine. Stay away from others as much as possible to keep from making them sick. If you must leave home, for example to get medical care, wear a facemask if you have one, or cover coughs and sneezes with a tissue. And wash your hands often to keep from spreading flu to others. Make sure that you drink clear fluids, such as water, broth or sports drinks, and rest as long as you continue to feel tired, and sleep as much as you can.



Locally Owned
Locally Monitored
24/7 Medical Pendant
No Contracts!!!

Andy- 435-512-2309

Will be at the Cache County Senior Citizens Center Feb 11, 2013 at 12:30

Independent Life Alert is locally owned and operated in Cache Valley to help serve seniors in the Community. We offer medical pendants for anyone who would like to live in their home with peace of mind knowing that with a push of a button they can get help they need.

Hi, I'm Andrew Flygare, the founder of Independent Life Alert. My wife and I reside here in Hyde Park with our two boys. We started Independent Life Alert to offer a medical pendant that anyone can afford. We offer a low monthly rate and no contracts. We will beat any competitor's price and we offer our lowest price guarantee.

Our systems are manufactured and monitored right here in Utah. We offer three types of units, one that works with your home phone, a cellular one that works if you don't have a home phone and one that works from anywhere as a GPS which comes with locational tracking services. To learn more about each individual unit please feel free to call me or visit our website.

I offer free in home consultations, and I personally install the system and do the billing. No more dealing with an operator, you deal directly with me. We are proud to offer such an affordable service to those in need to allow them to stay in their homes and have the peace of mind to get help if they have a fall or if the unfortunate occurs. If you or a loved one could use our services or has any questions please feel free to contact me:

Andy 435-512-2309

www.independentlifealert.com

LOCAL EVENTS

Loaves and Fishes Community Meal every third Saturday. Free of charge. Come enjoy food, friendship and connections. Everyone welcome. 11:30—1 pm. February 16th First Presbyterian Church, 178 W Center, Any questions call Rachel at 435.554.1081. Call Amy at 435.881.9211 if you would like to discuss home delivery.



Art Show Fundraiser “See The World Through My Eyes” hosted by Options for Independence. Individuals are welcome to submit artwork showing how they view the world. Submissions are due February 6, 3:30p.m. at Options. The showing is February 28, 6-8 at Lundstrom Student Living Center. For information call 435.753.5353.



Sweetheart Stomp
Dance like no one is watching on February 9th, 7:00 at Pioneer Valley Lodge.



Winter in Utah



It's winter in Utah, and the gentle breezes blow,
Seventy miles an hour, at five below.

Oh, how I love Utah, when the snow's up to your butt,
You take a breath of winter, and your nose gets frozen shut.
Yes, the weather here is wonderful, so I guess I'll hang around,
I could never leave Utah, Cuz I'm frozen to the ground!



Do I Qualify For Home Health Care?

Homebound Status

The condition of home care patients should be such that there exists a normal inability to leave home. Leaving their homes would require a considerable and taxing effort. The patient may leave the home for infrequent or short periods or as necessary for the patient to receive medical treatment.

- Have you fallen recently?
- Do you have a pending surgery?
- Do you have a more difficulty time ambulating?
- Are you significantly weaker and less independent?
- Do you have blood pressure, blood sugars, or pain control issues?
- Have you returned from a stay at a rehab facility, skilled nursing facility, or assisted living facility and require continued care?
- Do you need further instruction on medications, diet, medical treatments?

Rocky Home Care has been serving Northern Utah for over 20 years.

We are here to provide compassionate care, by putting health, dignity, comfort, and well-being first.

Call for a Complimentary in Home Assessment 435-753-8220



Are you ready for 2013? 4 questions to ask yourself

The new year is upon us and with it are changes in Medicare. Here are a few things to ask yourself to make sure you're ready for 2013.

1. Do you have the right insurance card to use when you go to the doctor in 2013?

If you changed your health or drug plan during Medicare Open Enrollment and don't get your new card or welcome packet by January 1st, contact your plan for help. If you need to fill a prescription right away, these might help you get your prescription

- The acknowledgement, confirmation, or welcome letter you got from the plan.
- An enrollment confirmation number you got from the plan, and the plan name and phone number.

A temporary card you may be able to print from MyMedicare.gov.

If you changed from a Medicare Advantage Plan (like an HMO or PPO) back to Original Medicare, use your red, white, and blue Medicare card when you go to the doctor. If you need a replacement card you can go to ssa.gov and apply for a card.

2. Did you budget for next year's Medicare Part B deductible?

Don't forget, if you have Medicare Part B and are in Original Medicare, you'll have to meet your deductible before your Medicare coverage pays for services and supplies. Next year, the Medicare Part B deductible will be \$147. Make sure to plan your health care budget to account for the increased cost of doctor visits for the time that it will take to cover your deductible.

3. Have you made appointments to get any preventive tests or screenings?

Medicare covers many preventive services to keep you healthy and screenings to check for health problems. Many of these services are covered each year at no cost to you. Ask your doctor when you should schedule your wellness visit and other screenings. You can also use MyMedicare.gov to track your visits and make a calendar of preventive services.

Talk to your doctor about these covered preventive services to find out what's right for your health needs.

4. Does your drug or health plan meet your needs?

If not, Medicare has a way for you to get the coverage you want instead of having to wait for the next Open Enrollment. At any time during the year, you can switch to a Medicare Advantage Plan or Medicare Prescription Drug Plan that has a 5-star rating. Plan ratings are based on member surveys, information from doctors and health care providers, and other sources. The plan ratings are scores that show the quality and performance of the plan, on a scale of 1 to 5 stars, with 5 being the highest rated plans.

CHEESE SOUP

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| 1 - 10 oz. Pkg. Frozen California Blend Vegetable | 1 stalk celery chopped up fine |
| 3 potatoes, peeled and diced | 1/4 cup chopped onion |

Cover with water and salt and pepper to taste. Cook until vegetables are tender. Do not drain. In another pan, melt 1/4 cube of margarine and add 1/2 cup flour - mix together. Add 1 chicken bouillon cube, 2 1/2 cups water and 1 small bottle of Cheese Wiz. Add this mixture to the above vegetables. Heat. Serves 6

SOUP IS AN EASY WAY TO PROVIDE A FULL SERVING OF VEGETABLES IN A SINGLE SERVING.

February 2013

<p>This menu is subject to change</p>				<p>1 Potato Soup Sandwich Carrot raisin salad Chips Tropical fruit</p>
<p>4 BBQ pork riblet Scalloped potatoes Green beans Pears Roll</p>	<p>5 Bean & cheese burrito Corn Orange fluff</p>	<p>6 Cheesy Vegetable soup Sandwich 4 bean salad Chips Peaches</p>	<p>7 Chicken nuggets Mashed potatoes/ county gravy Peas Wheat bread Mixed fruit</p>	<p>8 Hearty Kielbasa Bake Sunshine carrots Roll Applesauce</p>
<p>11 Catalina chicken Brown rice Capri mix veggies Bread Fruit crisp</p>	<p>12 Turkey tetrazzini Mixed veggies Roll Peaches</p>	<p>13 Breakfast</p>	<p>14 Poppy seed chicken Baked potatoes Roll Apple crisp</p>	<p>15 Spaghetti Green salad Garlic bread Pears</p>
<p>18 CLOSED PRESIDENT'S DAY</p>	<p>19 Sloppy Joes Chips Coleslaw Pears</p>	<p>20 French bread pizza Italian veggies Mixed fruit</p>	<p>21 Chili Green salad Cornbread Mandarin oranges</p>	<p>22 Chicken pasta Florentine Zucchini & tomatoes Bran muffin Plums</p>
<p>25 Shepard's Pie Green beans Roll Peaches</p>	<p>26 Lentil soup Tuna salad sandwich Chips Veggie plate Apricots</p>	<p>27 Sweet & sour pork Rice Spring roll Pears w/jello Fortune cookie</p>	<p>28 Soft taco Spanish rice Spiced apples Brownie</p>	

February 2013

<p>9:00 Fitness Room 9:00 Quilting 9:00 Pool Room 9:10 Line Dancing 10:15 Tai Chi 11:15 Sit-n-be-fit 12:30 Jeopardy 1:00 Bridge</p>	<p>9:00 Fitness Room 9:00 Quilting 9:00 Pool Room 9:00 Ceramics 11:15 Sit-n-be-fit 1:00 Movie</p>	<p>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 1:00 Bridge</p>	<p>9:00 Fitness Room 9:00 Quilting 9:00 Pool Room 9:15 Clogging 11:15 Sit-n-be-fit 12:30 Sing Along</p>	<p>9:00 Fitness Room 9:00 Quilting 9:00 Pool Room 9:10 Line Dancing 10:30 Bingo 11:15 Sit-n-be-fit 1:00 Bridge</p>
				<p>1 10-12 Blood pressure 11:00 Diabetes class</p>
<p>4 11:00 Bridge class 1:00 Beading</p>	5	<p>6 9:00 Commodities 11:00 Bridge class 1:45 Bobbin Lace 2:00 Senior U</p>	7	<p>8 10-12 Blood pressure 10:15 Smart Bites</p>
<p>11 11:00 Bridge class 1:00 Beading</p>	<p>12 11:00 Blood sugars, O₂, heart rate Mardi Gras</p>	<p>13 11:15 Complementary therapies/essential oil 1:45 Bobbin Lace 2:00 Senior U</p>	<p>14 10:00 Bowling Tournament 1:00 Foot Clinic Valentines' Day</p>	<p>15 10-12 Blood pressure 10:15 Smart Bites</p>
<p>18 CLOSED President's Day</p>	19	<p>20 11:00 Bridge class 1:00 Foot Clinic 1:45 Bobbin Lace 2:00 Senior U</p>	<p>21 12:30 AARP defensive driving</p>	<p>22 10-12 Blood pressure 10:15 Smart Bites</p>
<p>25 11:00 Bridge class 1:00 Beading</p>	<p>26 1:00 Foot clinic</p>	<p>27 11:15 Complementary therapies/essential oil 1:45 Bobbin Lace 2:00 Senior U</p>		